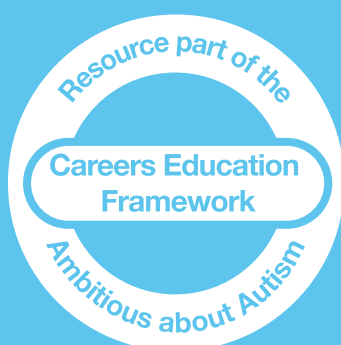




**Ambitious
about Autism**

Resources booklet

Self-advocacy in the workplace and in the community



Tool 1 – Visual vocabulary sheet



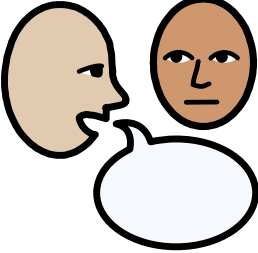
job



workplace



manager



talk



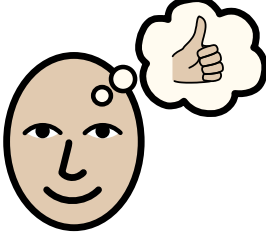
reasonable adjustments



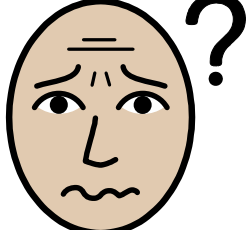
career



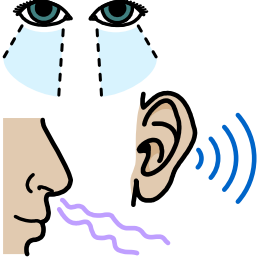
self-advocate



strengths



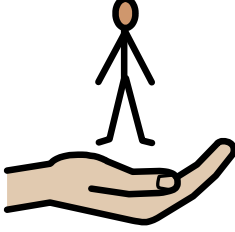
worries



sensory needs

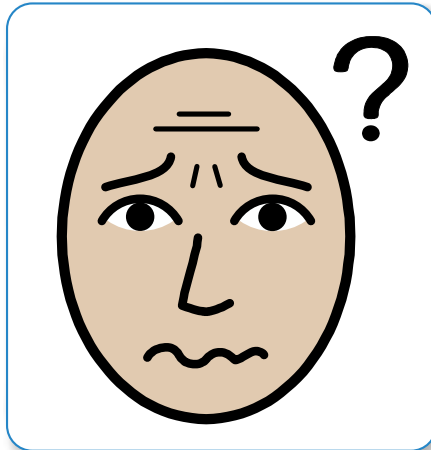
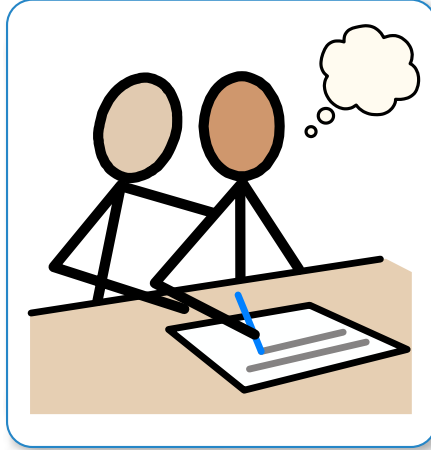
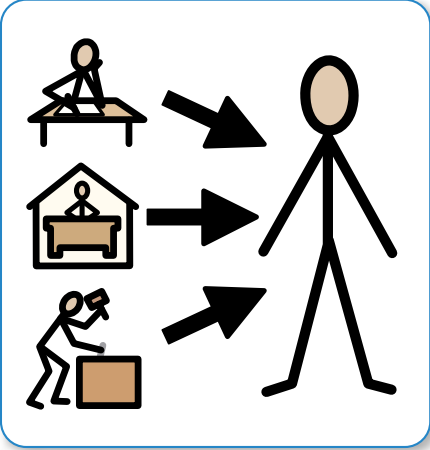


communication



support

Tool 2 – Picture prompts



Tool 3 – Self-advocacy in the workplace story

Alex is a person who has a job. Alex is autistic and likes to have pictures to help him understand information. Alex went to a big meeting with lots of people he works with. These are called colleagues. Alex was feeling stressed when lots of people were talking and he couldn't remember what people had said. He was feeling anxious and overwhelmed. After the meeting, Alex wrote a letter to his boss to disclose that he is autistic. He told his boss that he likes to have pictures with information to help him understand best. Alex asked for a reasonable adjustment to have information with pictures to help his understanding in big meetings. Alex now feels much happier and calmer at work. Alex can remember what people say in big meetings and he now understands what his colleagues say much better.



Tool 3 – Self-advocacy in the workplace story

continued

Text for a social story

Alex is a person who has started a job.

Alex is autistic and likes to have pictures to help understand information.

Alex went to a big meeting with lots of people.

Alex was finding the talking stressful and he felt anxious.

Alex wrote a letter to his boss to disclose that he is autistic.

Alex asked for a reasonable adjustment to have information with pictures to help him understand in big meetings.

Alex feels much happier and calmer, and can understand what is being spoken about in meetings.



Tool 4 – Key definitions

Self-advocacy

This is when you tell other people what you need to help you. You will need to tell your manager about your needs and preferences when you start a job.

Reasonable adjustments

These are changes that your manager can make when you are finding something difficult at work. For example, asking to have a desk space in a quiet area of the office.

Equality Act 2010


This is a piece of legislation to help stop people facing discrimination in the workplace, which means stopping any big difficulty that can be removed.



Disclosure


This term describes when someone tells someone else information that they didn't previously know. An example of this is telling your manager that you are autistic.





Tool 5 – Self-advocacy one-page profile




Self-advocacy




1  
One- page profile






Name:






Age:





Interests:

   
I communicate best by...

  
My sensory preference are...




   
I like when people...




   
I don't like when people...

  
My self-advocacy reasonable adjustments are...

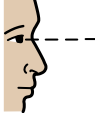
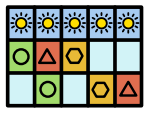









Tool 6 – Self-advocacy one-page profile prompts




 I
  like
 /
  dislike

 The reasonable adjustment I can
  ask
  for is...




Example 1







 Following
  a schedule






 Ask
  my
  manager
  to tell
  my
  colleagues
  to

 give
  me
  personal space



Example 2









 Having
  thinking
  time






 Ask
  my
  manager
  to send
  me
  a

 visual
  schedule
  of
  my
  work





Example 3







 Have
  movement
  breaks





 Tell
  my
  manager
  that
  I
  need
  to have
 

 regular
  movement
  or
  stimming
  breaks

Example 4




 When
  people
  touch
  me








 Ask
  my
  manager
  to tell
  their
  employees







 to give
  me
  thinking
  time















Tool 7 – Self-advocacy one-page profile example












Self-advocacy
1  
One- page profile
















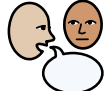


 
Name: Joe
 **Age: 17**
   
Interests: Trains, Football, Transport

   
I communicate best by...
   
Written communication with pictures

  
My sensory preference are...
   
I don't like strong smells.
    
I like looking at bright lights.

   
I like when people...
     
Ask me questions about my interests.
  
Give me personal space.

   
I don't like when people...
 
Touch me.
   
Say lots of verbal information to me.

  
My self-advocacy reasonable adjustments are...
      
I would like to sit in a quiet space
       
in the office where people do not talk around me.



We are Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

Contact us

The Pears National Centre for Autism Education
Woodside Avenue, London N10 3JA

☎ 020 8815 5444

✉ info@ambitiousaboutautism.org.uk

🌐 ambitiousaboutautism.org.uk

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