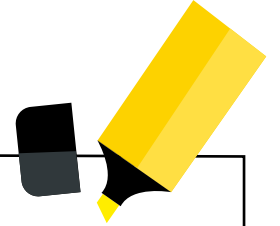


What might I need for support?

This tool is something you can bring with you to a youth group to help tell the youth group leaders what they can do to include you and make you feel comfortable.

You can ✓ tick options that you like and add your own.



Things you must know about me

Name: _____ Age: _____

Parent/Carer name: _____

Parent/Carer contact details: _____

My diagnoses: _____

My medication: _____

What to do during a meltdown / shutdown

I like to be:

- left alone
- allowed to leave
- checked on by staff
- sat somewhere quiet

Please:

- let my parent or carer know
- let me move onto the next activity
- let me play with a toy
- other _____

Behaviours to look out for

Things that show I'm upset:

- scratching
- not talking to anyone
- leaving the room
- looking angry

- looking scared
- covering my ears
- jumping around
- other _____

Things that show I'm happy:

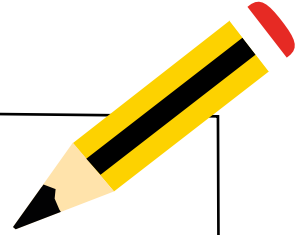
- flapping
- talking a lot
- smiling

- dancing
- humming
- other _____



What might I need for support?

continued...



These are my strengths

I like to talk about:

I am good at:

Who supports me

parent
carer
support worker
Their name is _____
They help me with

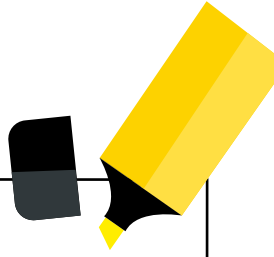
They are called:
personal assistant
mum
dad
name
carer
supporter
Other _____

Things that are important to me



What might I need for support?

continued...



Preferred communication

I like to talk with:

words
hands
my tablet

someone reads my responses
other

I can:

talk in front of a group
talk to one person

talk when prompted
talk in a quiet area
other

I can hear:

in quiet areas
when there is lots going on

when you talk to me directly
when you say my name
other

Please talk to me with:

words
pictures
respecting my
communication badge

other

Things that help me understand

visual information
written instructions
one question at a time
give me time to think
I need to know beforehand
I need to do something else
while listening

I prefer to work in a quiet space
fidget toys keep me calm and
help me concentrate
I like words and pictures
I use ear defenders
other

