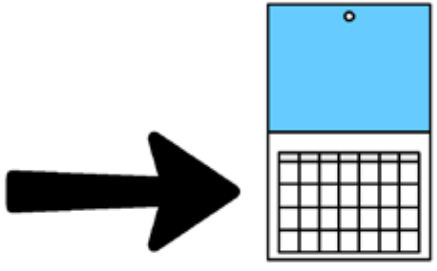
My name is:

I have Autism

I may have some difficulty communicating with you. Please speak clearly and give me time to process the information.

©Autism Association of Western Australia

I have an appointment



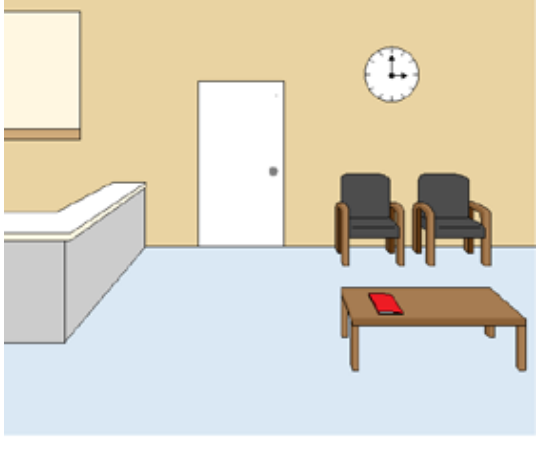
with:
(name)

at:
(time/date)

©Autism Association of Western Australia

I have Autism - waiting is difficult for me

Can I wait somewhere quiet?



©Autism Association of Western Australia

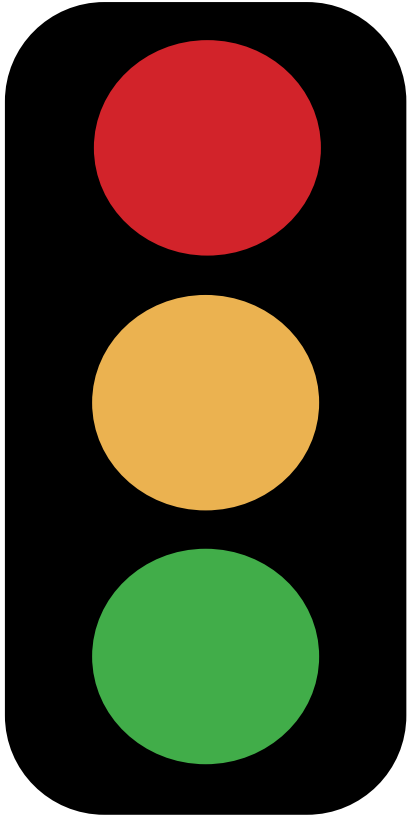
I am finding it hard to talk

Can you please call someone for me?

(name)

(phone number)

©Autism Association of Western Australia



I am not ok and would like you to contact my support person

I am finding this difficult

I am ok

©Autism Association of Western Australia

I am getting confused or overwhelmed

- Can I write down what I want to say?
- Can you write down what you are trying to explain?

©Autism Association of Western Australia

I need a break. I am feeling...

stressed

sad

anxious

angry

©Autism Association of Western Australia