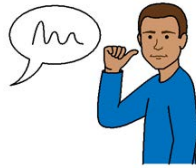


My name is:



I am Autistic

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

*Autism Association of Western Australia

Communication Cards



Individuals: Guide to using Communication Cards

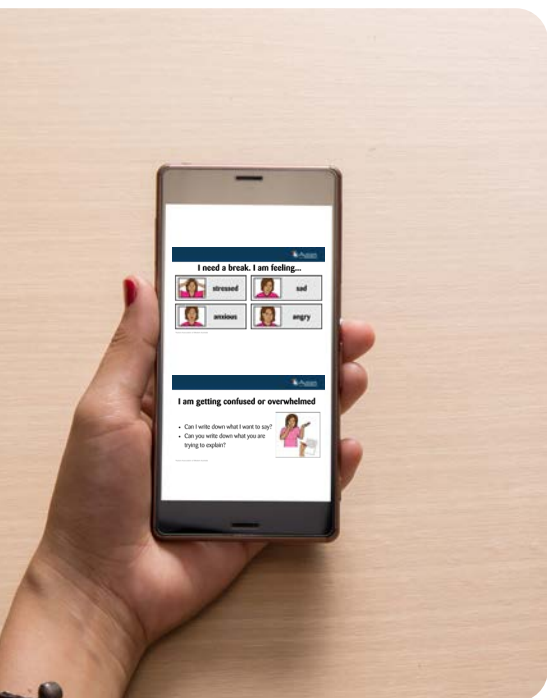
Communication cards may be useful for booking, and attending appointments, or in situations that are overwhelming or confusing.

The communication cards provided can be used as a prompt to know what to say, or can be given directly to the person you are talking with instead of speaking. You can also create your own card using the blank template.

There are two ways you can use the communication cards:

Digital Version

You can download the cards directly to your phone using by visiting the Autism Association's Mental Health webpage: www.autism.org.au. You will be able to enter your information in the boxes and save them for future use.



Choose the version you would like to use based on the options below:

- Identify as **female** and prefers **person-first** language (e.g. 'I have Autism')
- Identify as **female** and prefers **identify-first** language (e.g. 'I am Autistic')
- Identify as **male** and prefers **person-first** language (e.g. 'I have Autism')
- Identify as **male** and prefers **identify-first** language (e.g. 'I am Autistic')
- If you would like a variation of these, please contact Health.Project@autism.org.au



Printed Version

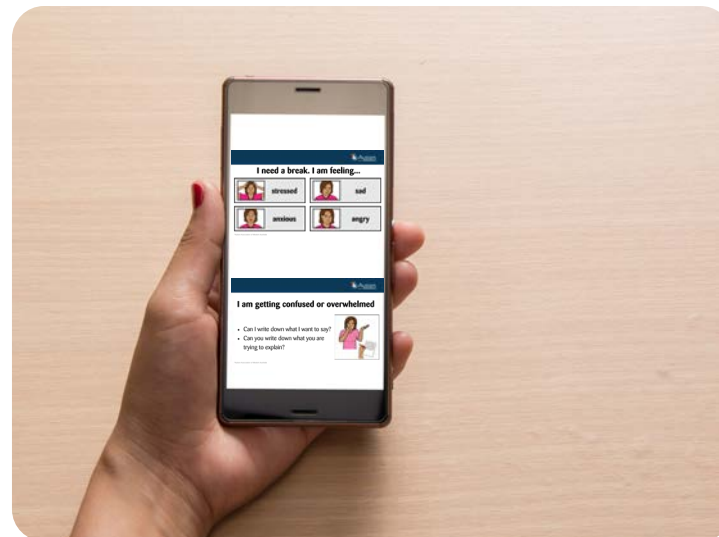
You can enter your information and print the cards directly from this document. The cards are a perfect size for your wallet or purse so you can keep them handy.



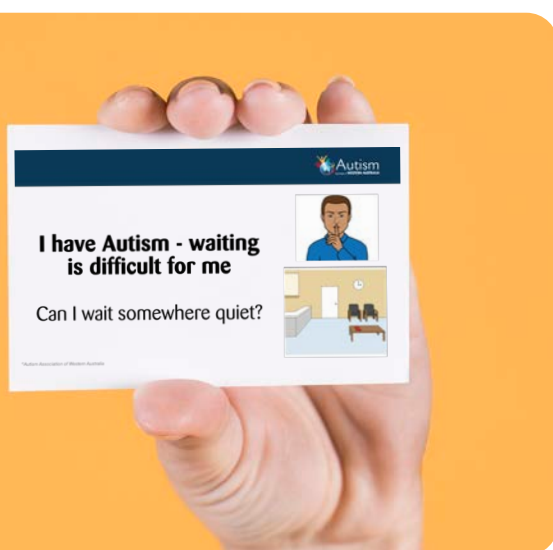
Health Care Providers: Guide to using the Communication Cards

Individuals with Autism can experience significant difficulties in every day social interactions. Common difficulties include initiating social interactions, particularly with unfamiliar people, or requesting help. These challenges are likely to be magnified for individuals affected by co-morbid mental health conditions. Furthermore, in response to stress, individuals with Autism may become overwhelmed by communication demands, which can manifest as agitation, or becoming silent, and not being able to communicate.

In such situations, visual help cards may be useful. They provide a supported communication system for individuals with Autism who are encountering situations they find anxiety provoking, such as booking an appointment with an unfamiliar member of reception staff. They can also provide support to indicate the level of anxiety being experienced, or communicate a need to take a break during a clinical appointment.



Not all individuals with Autism will have a need or preference for using a communication support like visual cards. It is anticipated these cards may be used by individuals and/or treating clinicians guided by an understanding of the individual's preferences and needs, which will likely vary between individuals and needs to be responsive to different needs at different points in time.





My name is:

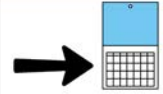


I am Autistic

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 am Autistic - waiting is difficult for me



Can I wait somewhere quiet?



*Autism Association of Western Australia

I am finding it hard to talk

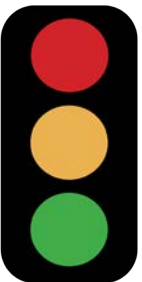
Can you please call someone for me?



(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



My name is:

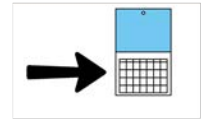


I have Autism

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



My name is:

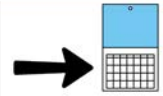


I am Autistic

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 am Autistic - 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



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I am ok

*Autism Association of Western Australia

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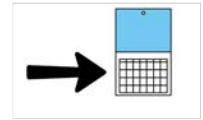


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*Autism Association of Western Australia



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

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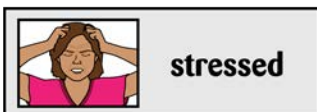
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