



Know My Spectrum



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Information About Me

Name:

Age:

Gender:

Preferred pronoun:

My Address:

Who I live with:

My phone number:

My email address:

I am registered with the NDIS: Yes No

I receive disability services: Yes No *(if yes, please fill in the sections below)*

Name of organisation:

Type of support:

Name of therapist/contact person:

Contact details:



My Key Personal Supports

People you can talk to about my mental health care if needed are:

1

Name:

Relationship:

Phone number:

2

Name:

Relationship:

Phone number:

3

Name:

Relationship:

Phone number:

If my medication or treatment plan needs to be changed, I would like you to tell someone so they can support me:

Yes

No

(if yes, please fill in the sections below)

Name:

Relationship:

Phone number:

If I am in crisis or admitted to hospital, I would like this person to be contacted:

Yes

No



My Social Communication Profile

It is common for communication difficulties to increase under stress, particularly for individuals with Autism. Stress may be introduced by a need to talk to unfamiliar people, unfamiliar or unpredictable environments, or situations that place a lot of emphasis/demand on verbal communication.

A person may also have difficulties talking on the phone, booking appointments, or initiating contacts to request for help. To learn more, please read our **Introductory Guide for Health Professionals**.



My Communication

I use a device or an Augmentative and Alternative Communication system to help me communicate:

Yes

No

(if yes, please make sure I have it with me and use it to communicate)

I find talking to people I know well:

Easy

Sometimes hard

Hard

Not sure

I find talking to people I do not know well:

Easy

Sometimes hard

Hard

Not sure

Asking someone for help when I need it is:

Easy

Sometimes hard

Hard

Not sure

I find activities that involve speaking on the phone e.g. booking appointments:

Easy

Sometimes hard

Hard

Not sure

I prefer to communicate by text or email:

Yes

No

I would prefer you to contact my support person rather than me directly to arrange appointments:

Yes

No



Things I like talking about:

What happens to my speech when I am stressed or overwhelmed (please describe):

For example: it is hard to find my words; I stop speaking; I 'shut down'; I get loud.

When this happens, you can help by:

For example: giving me a break; involving my support person; finding other ways to communicate like drawing or writing.



Understanding Others

What happens to my ability to understand what other people are saying when I am stressed:

For example: I stop listening; I get distracted; I find it harder to figure out which are the important parts to listen to.

When this happens, you can help by:

For example: using short simple sentences; avoiding questions or instructions that have lots of steps; using pictures or diagrams; giving me more time to answer your questions; checking to see if I understand; writing down important information.

(Note for clinicians: Accessible educational materials about mental health and mental health treatment can be found on our website)



Understanding Feelings in Myself and Others

I find it hard to understand emotions: Yes No Sometimes

I find it hard to know what emotions I'm feeling: Yes No Sometimes

I find it hard to understand how others feel: Yes No Sometimes

If I am finding it hard, it may help if you:

understand that I might not be able to say how I'm feeling.

use visuals to help me express myself. For example, a visual scale or emotion boards.

understand that I might not notice that I am stressed until I am overwhelmed.

understand that I might not notice straight away if someone else is upset.

other:



My Non-Verbal Communication Profile

I find making eye contact:	Easy	Sometimes hard	Hard	Not sure
When it comes to showing my feelings with my face and body language, I find it:	Easy	Sometimes hard	Hard	Not sure
When it comes to reading other people's body language, I find it:	Easy	Sometimes hard	Hard	Not sure
When it comes to reading other people's facial expressions, I find it:	Easy	Sometimes hard	Hard	Not sure

It helps me if you:

do not ask me to look you in the eyes. If I'm not looking at you, it does not mean that I'm not listening or paying attention.

understand that my face and body may not show how I am feeling. I may have very strong feelings that I'm not showing for example, anger or sadness.

tell me what you are thinking and feeling in words. Do not expect me to guess.

other:



How I Keep Organised

Individuals with Autism commonly experience difficulties with activities such as planning, organisation, keeping track of time and starting tasks. These activities are known as Executive Functioning.

I find it hard keeping organised and remembering things:

Yes

No

Sometimes

Examples of what activities I find hard:

Suggestions to help me:

For example: writing down my appointments and sending reminders on the day of the appointment; involving my support person; creating a system for my medication so I can keep track of it easily.

Resources are available on our website to support with planning and organisation include "Preparing for an Appointment" and "My Medication Plan".



My Daily Routines

Individuals with Autism often prefer or need routine, repetition and predictability. Some people have an 'insistence on sameness' and find that seemingly small changes, disrupted routines or unexpected changes to plans can be highly distressing.

Routines are important to me:

Yes

No

I get upset when my routine changes:

Yes

No

Routines that are particularly important to me, or that I would be distressed by interrupting:

For example: days or times I would not want to have an appointment or other activities due to interruption to an important routine, meal times or recreational activities or sleep routines.

I like to plan ahead so that things in my life are predictable: Yes No

I get upset when appointment times change: Yes No

If yes, you can help by trying not to cancel appointments, keeping regular appointment times, explaining the purpose and expected length of appointments, and planning for changes well in advance.

I like it when things in my life stay the same: Yes No

If yes, you can help by keeping my treating team consistent, and clearly explaining changes, even if they seem small. For example, letting me know if a medication I take has changed in appearance or dosage.



My Sensory Profile

Individuals with Autism often experience sensory processing differences, involving under or over sensitivity to various sensory inputs. This can be associated with distress or becoming overwhelmed. As well as sensory aversions, there may also be distinct sensory preferences that help the person to self-soothe.

I am very sensitive to (please provide examples):

For example: loud noises, bright lights, certain smells, certain tastes, the feel of certain textures/fabric, physical touch.


 Sounds:

 Tastes:

 Smells:

 Touch:

 Sights:

 Movements:

Sensations I enjoy:

If I am stressed, sensory things that help soothe me include:

For example: finding a quiet space; allowing for and respecting my need to fidget/pace/stim; having a sensory object with me; wearing sunglasses; dimming the lights; wearing headphones; eliminating strong odours in the environment for example, perfume, cigarette smoke or body odour.

Some individuals with Autism have difficulties with the sensations of medication.

For example: the taste, feel, smell, or the way a medication looks may be unpleasant. If this is an issue, please describe:



When I'm Feeling Very Upset

Very stressed individuals with Autism may become very overwhelmed. This might show itself as agitation or needing to withdraw.

Signs I am becoming upset:

Ways to help me when I am becoming upset:

Ways to help me when I am really upset:

For example: help me find a quiet space, take a break, think if my sensory environment could be improved, allow me to fidget/move around as long as it is safe to do so, do not pressure me to make eye contact, engage me around my interests, call my support person.



Sleep, Diet and Exercise

Unusual sleep patterns are common in Autism.

I usually go to bed at:

I usually go to sleep at:

I usually wake up at:

Some individuals with Autism have a reduced range of food they enjoy or will eat.

My usual diet or foods I like to eat:

My usual amount and type of exercise:



Medical Examinations

How I cope with medical examinations:

For example: how I usually react to physical touch, blood tests, X-Rays or scans.

Things that can help me:

For example: avoiding unnecessary touch, explain what will happen to me, demonstrate the procedure or show me a photo.

Additional resources to support during medical examinations are available on our website.

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My Mental Health History

I have been diagnosed with the following conditions:

I currently take these medications:

I have taken these medications in the past for my mental health:

I have had bad reactions in the past to medications (please list and describe what happened):

Usual signs my mental health is going well:

For example: the activities I do, how my body feels, the things I think and talk about, how I eat, how I sleep, my interests.

Usual signs my mental health is not going well:

For example: a change in the activities I do, how my body feels, what I think and talk about, how I eat, how I sleep or my interests.



My Mental Health Services

I go to a community mental health service Yes No *(if yes, please fill in the sections below)*

Name of the service:

Contact number:

My Doctor's name:

My Case Manager's name:

I do not currently go to a community mental health service but have in the past Yes No *(if yes, please fill in the sections below)*

Name of the service:

I go to a private Psychiatrist: Yes No *(if yes, please fill in the sections below)*

Name:

Contact details:

I do not currently go to a private Psychiatrist but have in the past Yes No *(if yes, please fill in the sections below)*

Name:

Contact details:

I attend a private Psychiatrist:

Yes

No

(if yes, please fill in the sections below)

Name:

Contact details:

I go to a private Psychologist or Counsellor

Yes

No

(if yes, please fill in the sections below)

Name:

Contact details:

I do not currently go to a private Psychologist or Counsellor but have in the past

Yes

No

(if yes, please fill in the sections below)

Name:

Contact details:



About This Resource

This resource has been developed as part of the work of a Systemic Advocacy Project funded by the Department of Communities (WA).

This resource aims to assist Clinicians in supporting individuals with Autism; via promoting awareness of some of the distinctive challenges individuals with Autism experience, and assisting individuals with Autism and/or their carers to communicate their needs.

Ultimately it is hoped this is a tool that assists to help raise awareness, inform, foster communication and understanding between individuals on the Autism Spectrum and those working to support them in a variety of settings.

**For more information and to access resources,
visit the Autism Association's Mental Health webpage at www.autism.org.au**