

IRELAND'S AUTISM CHARITY

**ALL
About
Me**

ALL About Me

Explainer

What is it?

The 'All About Me' AsIAm document is designed to share information about an Autistic child's strengths, needs, preferences and accommodations. It may be used in education settings, childcare, community activities, or indeed, any setting where you will find it helpful. **This document is not a 'behaviour support plan'.**

Often, you may have a number of professional reports that detail information about your child, as well as a huge amount of expert information you yourself hold on how to support and build a positive relationship with your child. However, it can be challenging to communicate this information verbally to lots of different settings, or to communicate the most pertinent of the information. The 'All About Me' document hopes to exist as a 'one pager' that facilitates the adults working with your child to begin to build a relationship. It does not replace professional reports, and indeed should be informed by these sources. Moreover, it does not replace a child's risk, health or safety assessment.

What information should I put in the 'All About Me'?

We have given examples of information that may be helpful to include. It is best to only select examples that relate to your child, and also to add information that has been recommended by the professionals working with your child, as well as your own family experience. Given this document is designed to be used practically in 'real life' situations, it is best to keep it as concise as possible, while also giving the most important information about your child.

The child's views and experience should guide each aspect of this document. Depending on your child's preference, interest in, and input into creating and using this document, you may prefer to use icons/pictures instead of text in certain boxes, if this will enhance accessibility.

We suggest this document should be reviewed termly. If a setting is using this document with your child, it should always be with your ongoing collaboration and agreement.

AsIAm does not take responsibility over the content that is added independently to this document. This responsibility solely lies with the user of this document (which maybe a parent/guardian or young person)



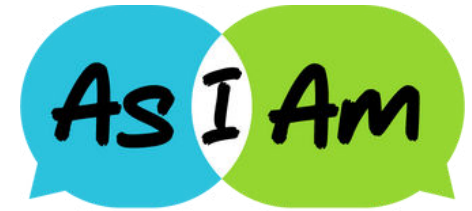
ALL About Me

Name

Age

My favourite things are:

I am really good at:



IRELAND'S AUTISM CHARITY

✓ I communicate by:

✓ For me to trust you, it helps if you..

✓ To learn, I need:

✓ If I am feeling comfortable, you will know because I will:

✓ If I am feeling overwhelmed, you need to:

✓ If I am feeling overwhelmed, you will make it worse if you:

✓ If I am feeling overwhelmed, you will know because I will:

ALL About Me

Jim - Example



Jim is a 14 year old Autistic teen with an intellectual disability who is non-speaking. Jim attends a special school and this term is going to have a new teacher and SNA. Jim communicates through an AAC device. He primarily uses his AAC device to communicate his wants and needs but will also communicate at times through gesture. Jim doesn't point when he gestures instead he will raise his right elbow to point and will use his right arm to say no. He raises his right arm across the front of his face and this means no.

Jim loves to swing on his swing at home to relax, and in his school they always ensure Jim can swing in the yard in the mornings before class begins and at break times. Jim also loves to listen to country western music, jump on the trampoline and his favourite snacks are Doritos and a Club Orange drink.

When Jim is happy to be in your company you will know because he will raise his right foot. Jim will only do this with people he trusts. This means he wants you to rub his foot, rubbing Jim's foot is the equivalent of giving Jim a hug. Jim will also sit beside you if he trusts you. Jim will hand you his speech device for you to communicate with him through his chosen method of communication. If he doesn't want you to communicate with him, he will not let you touch his AAC device. If he doesn't feel comfortable with you he will raise his right arm near the front of his face to let you know that "no" he is not happy to be with you or interact with you.

At school and home Jim uses line drawing visual supports, he also reads short sentences. A mix of line drawings and words help Jim learn best. Jim's mom has said she always uses clear concise language when speaking to Jim and always allows for an 8-10 second processing time for Jim to process what is being said.

Jim doesn't like negative language or feeling that you are hurrying him. He likes when people are patient and use positive language when speaking to him. You will know that he is overwhelmed when he starts to move very quickly over and back on his two feet, he will make a sound that sounds like "ky ky ky" and he pushes you away with his right arm. When he is very overwhelmed he will cry.

Jim will feel less overwhelmed if you can ensure he has a drink, a snack and has country western music. If he can go out on his swing this makes him feel a lot better. Ensure Jim has time away from everyone to relax and listen to his music as this really helps him to regulate. It won't help Jim if you speak very quickly, use negative language like "hurry up" or sound frustrated. Jim needs to have access to his speech device at all times so you cannot ever take it away from him or take down his visual supports.

ALL About Me

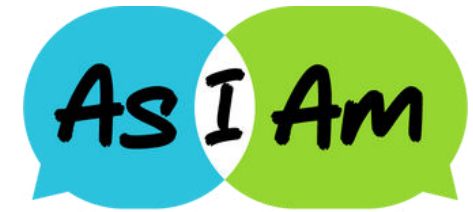
Name Jim Byrne

Age 14

Example

My favourite things are: Swing outside
Country western music, Doritos and Club Orange

I am really good at: Swinging really high.
Dancing, picking songs to listen to, communicating



IRELAND'S AUTISM CHARITY

✓ I communicate by:

- AAC Device
- Gesture
- Movement
- Sound (Ky Ky Ky)

✓ For me to trust you, it helps if you..

- Use positive language
- Ensure I have access to swing
- Ensure you don't try and hug me
- Always be consistent with your language
- Use clear concise language

✓ To Learn, I need:

- To know what exactly you want me to do
- To be given time to process your instructions
- Visual schedule of tasks
- Ensure I have access to my speech device at all times and you use it to model language for me

✓ If I am feeling comfortable, you will know because I will:

- Sit/stand beside you
- Giggle and smile
- I will hand you my AAC device for you to communicate with me

✓ If I am feeling overwhelmed, you will know because I will:

- Say 'ky ky ky'
- Move back and forth on my feet

✓ If I am feeling overwhelmed, you need to:

- Offer me a break
- Reduce your volume
- Let me leave the space I am in
- Ensure I have access to my music choices

✓ If I am feeling overwhelmed, you will make it worse if you:

- Try to hug me
- Try to sit with me
- Talk very fast and are impatient
- Try to tell me jokes
- Touch me

ALL About Me

Name

Age

My favourite things are:

I am really good at:

Examples
of information
you could
include



IRELAND'S AUTISM CHARITY

✓ I communicate by:

- Talking in sentences
- Back and forth conversation
- One to three word phrases
- Gestalts
- AAC device
- Gesture

✓ For me to trust you, it helps if you..

- Only say you'll do what you actually do
- Talk to me about my interests which are XYZ
- Always tell me the plan for the day/situation
- Let me know when there is a change to our plan
- Speak to me in short sentences

✓ To Learn, I need:

- To know what exactly you want me to do
- To be given time to process your instructions
- Visual schedule of tasks
- Timer for the task
- To move around regularly
- To have as quiet a space as possible
- The task broken down into smaller tasks

✓ If I am feeling comfortable, you will know because I will:

- Giggle and smile
- I will hand you my AAC device
- Talk about Mario Kart

✓ If I am feeling overwhelmed, you will know because I will:

- Rock
- Go quiet
- Ask to leave
- Hit out

✓ If I am feeling overwhelmed, you need to:

- Offer me a break
- Reduce your volume
- Step out of my personal space
- Offer me a fidget
- Offer me a choice between two strategies
- Let me leave the space I am in

✓ If I am feeling overwhelmed, you will make it worse if you:

- Tell me 'it's okay'
- Make me stay where I am
- Bargain with me to stay longer
- Make jokes
- Put me on the spot
- Use lots of language