

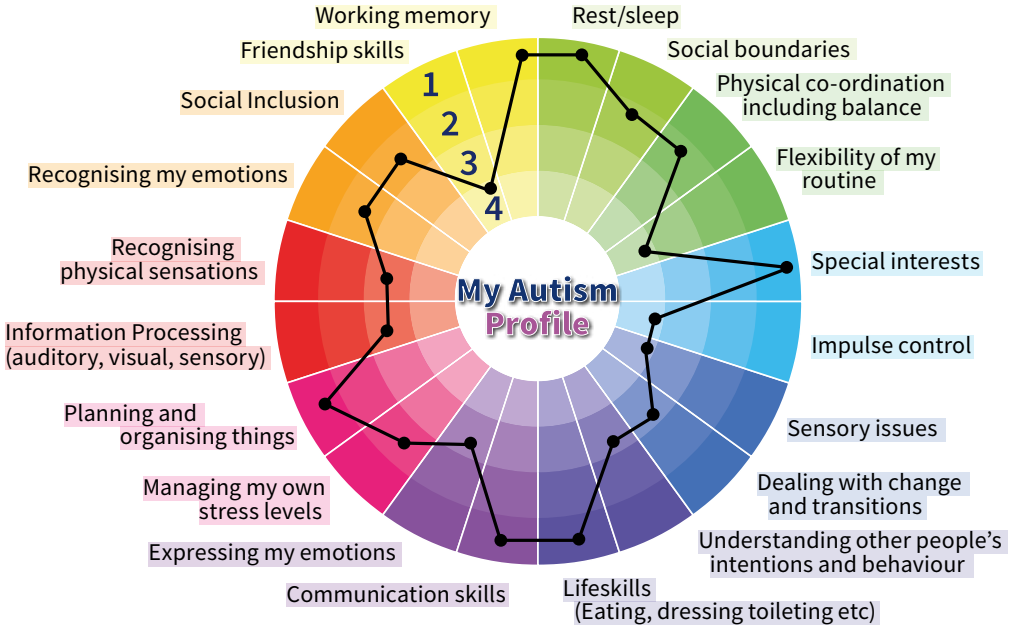


My Autism Profile

A visual tool designed to help me and my support network view my unique autism strengths and support needs at a glance

My Autism Profile

A sample of the My Autism Profile Tool



My strengths and challenges

- 1 I am very good at this
- 2 I am okay at this
- 3 I have some challenges in this area
- 4 I need a lot of help and support with this

A step by step guide to the tool

This is an easy-read guide to the My Autism Profile Tool

- The 20 segments in the diagram relate to strengths and challenges every autistic child, young person or adult might encounter throughout their lives.
- The tool is intended to help autistic people, parents, carers and professionals map these strengths and challenges in a collaborative way. The resulting diagram will be a visual representation of the areas of strength and those areas where targeted support and intervention may be useful.
- Strengths and challenges will change over time. Regular review is recommended to keep the picture up to date.
- Each 'slice' has 4 segments to grade strength in that areas. The gradings are:
 - 1** = I am very good at this
 - 2** = I am okay at this
 - 3** = I have some challenges in this area
 - 4** = I need a lot of help and support with this
- Discuss each area and agree a rating. Remember these are not absolute scores, just a reflection of how things feel at the time. Mark a dot in the appropriate segment.
- Once the 20 segments have been rated, join the dots to the ones on either side to create a profile. Most profiles will be spikey, representing areas of strength and challenge.
- Use the profile to identify areas where further support and strategies would be helpful. Identify who could help with this and what actions you will take to work on this.

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For each of the categories, consider how well you feel you are doing in each are and give yourself a score.


1 = I am very good at this




2 = I am okay at this


3 = I have some challenges in this area


4 = I need a lot of help and support with this


 **Rest/sleep** – How well I maintain a good sleep routine. Do I fall asleep easily, stay asleep through the night and wake up feeling refreshed?


 **Social boundaries** – Do I understand the social rules I should follow when I am interacting with others? For example:

-  respecting personal space,
-  knowing what is appropriate to share
-  responding appropriately to people's emotions

 **Physical co-ordination including balance** – How well do I maintain good posture and body control? Do I have any challenges with clumsiness, managing tasks that involve finger control or tripping up?

 **Flexibility of my routine** – How flexible am I, dealing with changes and things not going as expected? Can I cope without routine? Do I need the support of structure and/or rituals to manage every day life at home, in school and in the community?

 **Special interests** – Do my special interests contribute something positive in my life? Do they help me manage anxiety and/or produce something useful? Is it a challenge to maintain interest in other things as well as my area of special interest?

 **Impulse control** – How effective am I at managing my emotions and behaviour. When I feel stressed, anxious or upset, do I behave in a way that is safe for others, emotionally and physically?

■ **Sensory issues** – How well do I manage my senses in everyday life? Do I have particular challenges managing sensory input (e.g. touch, taste, smell, sound, light, movement) – needing to seek more input or avoid situations?

■ **Dealing with change and transition** – How well do I manage changing from one activity to another? For example:

- getting up in the morning and getting ready
- travelling to and from education, employment or activities
- shifting from one task to the next
- coping with changes in life, e.g. leaving school, a relationship ending

■ **Understanding other people's intentions and behaviour** – How well do I understand people's intentions and motivation? Challenges in this area might involve becoming easily confused or stressed and not being sure what will happen next. Do I need support understanding why people do and say things that seem confusing or unfair to me?

■ **Lifeskills** – How well do I manage the everyday tasks of life independently, such as eating, dressing, toileting, travelling?

■ **Communication skills** – How well do I share what I need, think and feel? Do people understand me when I express my thoughts and feelings? How well do I understand other people's needs, thoughts and feelings? This includes what is actually spoken/written and also the unspoken bits of communication, such as tone, facial expression etc, which can be more difficult to interpret accurately.

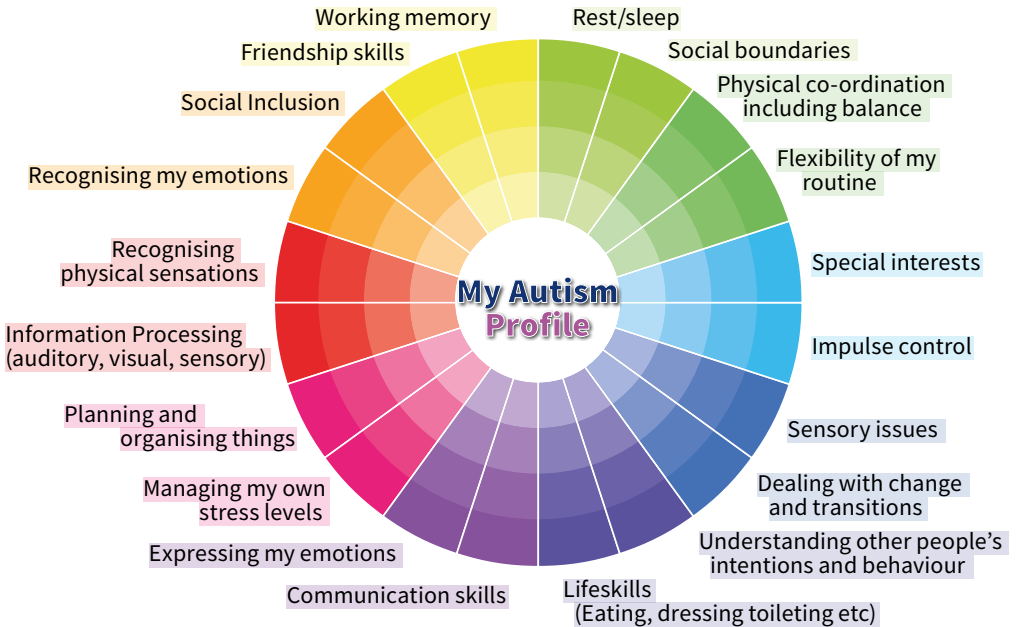
■ **Expressing my emotions** – How good am I at recognising what I feel and communicating this with others. Do I recognise emotions as they occur gradually or do I suddenly feel overwhelmed with emotion? Can I communicate my feelings in a proportionate and effective way.

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- **Managing my own stress levels** – How effective am I at recognising the physical and mental signs of stress? When I recognise that I am stressed, do I use effective strategies to manage this?
- **Planning and organising things** – How well can I organise my day to day life? Can I assume appropriate levels of responsibility to organise my daily activities?
- **Information processing** – How well do I process information around me? Do I usually understand what is happening and what is expected of me? Do I tend to focus on details and need some support to understand the bigger picture of what is happening?
- **Recognising physical sensations** – How well can I feel my physical sensations, like hunger, thirst, pain, tiredness, illness. Do I respond to this physical feedback with appropriate actions that reduce my discomfort?
- **Recognising my emotions** – Can I identify what emotions I am experiencing and use strategies to effectively deal with these?
- **Social inclusion** – How well do I engage in effective social interactions with people in general? Do I find it easy to fit in with my peers, in conversation and engaging in activities? Do I understand social norms and expectations?
- **Friendship skills** – Do I have age appropriate social skills to initiate and sustain friendships with others? Do I know how to approach someone to start a friendship? Do I know how to respond to friends when things are challenging, for example if we disagree with each other or hurt each other's feelings.
- **Working and long term memory** – How good is my memory overall? Am I able to recall information I have just heard? Can I recall things that happened some time ago? Is my memory accurate or do people sometimes think I remember things differently to them? Do I need to be motivated about the subject matter to remember things well?

Areas of strength and challenges

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If you need this information in another language or format,
please contact us to discuss how we can best meet your needs.

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***Working together to improve health and wellbeing
in the community – with the community***