

Information about my autism to share with clinicians

Instructions: You can fill this out before your appointment, or if you need help you can fill this out with your clinician. Your responses do not need to be comprehensive. Please share information you would like your clinician to know about your experience of autism. This is not your only opportunity to share information about your autism diagnosis. If you want to talk about this with your clinician at any time, please tell them.

My autism

The words I am comfortable to use to describe my diagnosis are:

- ☐ Autism
☐ Aspergers
☐ Aspie
☐ Other: _____

I prefer to be described as an:

- ☐ Autistic person
☐ Person with autism
☐ Do not mind

I received the diagnosis when I was _____ years old

I feel I have a good understanding of what autism is:

- ☐ Yes
☐ Somewhat
☐ No

Autism is an important part of how I see myself:

- ☐ Yes
☐ Somewhat
☐ No

Autism has a big impact on my daily life:

- ☐ Yes
☐ Somewhat
☐ No

Communication preferences

What does your clinician need to know about communicating with you?

Examples:

- I tend to take things literally so my clinician should not be too vague
- I don't like people to use certain words
- I find it hard to understand jokes so please do not make any
- I find it hard to talk when I first meet a professional
- I prefer email communication and will not answer the phone

Interests & Routines

What does your clinician need to know about your interests and routines?

Examples:

- I might need time to talk about my special interests and might not want to miss certain events linked to my interests
- I have a morning routine that I need to do every day and so I cannot have appointments before 10am
- I struggle with independently travelling to appointments

Sensory Needs

What does your clinician need to know about your sensory needs?

Examples:

- I dislike being in crowded waiting areas
- I find fluorescent lights painful
- I need noisy equipment to be turned off so I can concentrate

Information about my child's autism to share with clinicians

Instructions: You can fill this out before your appointment, or if you need help you can fill this out with your clinician. Your responses do not need to be comprehensive. Please share information you would like your clinician to know about your child's experience of autism. This is not your only opportunity to share such information - if you want to talk about this with your clinician at any time, please tell them.

My child's autism	Communication
They received the diagnosis at _____ years old	What does your clinician need to know about communicating with your child? <hr/> <hr/> <hr/>
I feel I have a good understanding of what autism is: <input type="checkbox"/> Yes <input type="checkbox"/> Somewhat <input type="checkbox"/> No	<ul style="list-style-type: none"> • My child does not understand abstract or metaphorical language • My child is sensitive to being patronised – please use non-technical, plain English, with an ‘adult’ tone of voice • My child really wants to communicate but may struggle in the first few appointments
I feel my child has a good understanding of what autism is: <input type="checkbox"/> Yes <input type="checkbox"/> Somewhat <input type="checkbox"/> No	
	Interests, Routines and Daily Living
Autism is an important part of how I see my child: <input type="checkbox"/> Yes <input type="checkbox"/> Somewhat <input type="checkbox"/> No	What does your clinician need to know about your child's interests and routines? <hr/> <hr/> <hr/>
Autism is an important part of how my child sees themselves: <input type="checkbox"/> Yes <input type="checkbox"/> Somewhat <input type="checkbox"/> No	<ul style="list-style-type: none"> • My child struggles with last minute changes of plan and needs plenty of notice for appointments • My child has special interests that they would love to talk to you about
	Sensory needs
Autism has a big impact on my child's daily life: <input type="checkbox"/> Yes <input type="checkbox"/> Somewhat <input type="checkbox"/> No	What does your clinician need to know about your child's sensory needs? <hr/> <hr/> <hr/>
	<ul style="list-style-type: none"> • My child struggles with bright fluorescent lights • My child struggles to wait for a long time in busy waiting areas