

Lions Message in a Bottle - I am Autistic

I am autistic and may struggle to communicate with you, especially when anxious and in distress.

Please read this information to help you understand what support and reasonable adjustments I need in an emergency. Thank you.

Communication

I usually communicate Verbally Sign language Pictures/symbols

Other

In an emergency I may struggle to communicate.

It could look like : Non-verbal Non-responsive Gestures

Other

I would like you to communicate with me: Verbally Pictures/symbols

One question at a time Give me time to process and respond

Explain medical terms that you use Use closed (yes/no) questions

Other

If I'm struggling to communicate, it can help to: Use pictures/symbols

One person speak at a time Reduce background noise and distractions

Use very simple language Use closed (yes/no) questions

Distract me (talk about my interests) Write down information

Other

Factors increasing anxiety and distress


Too little information

Not knowing what is happening

Too much information

You can help me by: Giving me information on the hospital I'm going to

Telling me what is happening now and the next step

Please turn over 

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Sensory needs

I might need help communicating if I am in pain: Yes No

I experience pain differently I have difficulty describing pain

I have difficulty communicating physical symptoms

I have difficulty locating pain

I usually experience or display pain or physical symptoms by

I can communicate symptoms by using Pain Scales Body maps

Other

These are the sensory experiences I find difficult:

Noise Smell Touch Taste Visual

It can help for me to have:

Dark glasses / caps

Fidget / sensory toy

Ear defenders / headphones

Dimmed lighting

Forewarning / countdown to being touched

Masking scents

Forewarning / countdown to applying medical devices

Other

I have a bag containing these items located

My key interests are

Please remember to read all my key medical and contact information on the Lions Message in a Bottle sheet.