

How I like to communicate

	Yes	No
Face to face conversation		
With an advocate/friend		
Telephone		
Email		
SMS/ Text message		
Post		
Easy read		

Other conditions I have:

My medication:

Medicine	Condition



Assert supports adults in Brighton and Hove with Asperger syndrome or High Functioning Autism

Asperger syndrome (AS) and High Functioning Autism (HFA) are forms of Autism, a lifelong condition that affects how a person makes sense of the world, processes information and relates to and communicates with others.

AS and HFA are hidden conditions, which means that you can't tell that someone has them from their outward appearance. People with AS and HFA often have above average intelligence and the condition is known as a 'spectrum condition', as it affects people in different ways and to varying degrees.

Many individuals with the condition reach adulthood without a diagnosis or their needs being met, as AS and HFA do not fit neatly into any category of Statutory Service Provision.

Assert aims to:

Support adults with Asperger Syndrome or High Functioning Autism and their parents, partners or carers by providing advice, information, resources, education, social inclusion, volunteering opportunities and support to improve wellbeing and reduce isolation.

We also seek to raise awareness of the condition, including the many positive aspects.

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Phone: 01273 234850
Email: assert.bh@assertbh.org.uk
Charity Number: 1099257

This aid was created with guidance from the NAS "Passport to Individual Autism Support"



Individual Care Passport

Hi I'm on the Autistic Spectrum. Please take the time to read this document and find out a little more about me.

Name:

My Contact Info	
Phone Number	
Mobile Number	
My Address	
Email	

For additional information please call	
Name	
Phone Number	
Doctor's Name	
Phone Number	

Ways in which my autism can manifest

Tasks	Ticks
Balance	
Co-ordination	
Concentration	
Filling in Forms	
Following Complicated Instructions	
Multi Tasking	
Sense of Direction	
Short Term Memory	
Sleep	
Social Conversation	
Speed of Responding	
Time Management	

Sensory Issues

Senses	Under Sensitive	Over Sensitive	No Issue
Light			
Noise			
Smell			
Taste			
Touch			

Other abilities affected by Autism

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Differences that might affect my ability to do certain tasks regarding work, home and social skills

	Yes	No
Busy/noisy places are stressful		
Being with others is tiring		
Bright or flickering lights upset me		
Being touched upsets me		
I do not like eating in company		
I can't read body language		
I do not understand social interactions		
I don't understand metaphors or figures of speech		
I am anxious with strangers		
I feel lonely and socially isolated		
It's hard to be brief		
I need time to plan what I am doing		
Changes of plan make me anxious		
I cannot easily switch between tasks		
I find it difficult to work under time constraints		
I get confused by too much information		

Other differences that may affect tasks

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When I get upset I may:

Get very agitated, loud and upset	
Become passive, possibly non-verbal and may appear to go to sleep	
Get verbally or physically aggressive	
Make noises	
Flap my hands	
Become unable to speak coherently	
Seem extremely bad tempered	

Other.....

How to help if I am upset

Do not touch me	
Talk quietly and give me simple instructions	
Provide a quiet room with low lighting	
Give me time to calm down	
Call my emergency contact	
Phone one of my contacts to arrange transport so I can go home	

Other.....

Traveling	Yes	No
I can make my own travel plans		
I can travel alone		
I can use public transport		

Other.....