

# I Have Autism Spectrum Disorder

## My Developmental Disability Affects:

**Communication** = speaking, expressing myself, understanding you, using eye contact and responding to gestures. Problems are worse under stress.

**Social** = interacting with you, responding to instructions or cues

**Behaviors** = resisting change, focusing on my special interests. I may repeat words, noises, or movements.

**Sensory sensitivity** = handling sensations like sounds, lights, smells and touch. I may shut down or escalate when stressed. I may not react to pain or temperature.

### How to HELP me

1. Use a CALM voice
2. Be CLEAR. Use simple words, spell instructions out, one at a time.
3. Wait, be patience. I need extra time to think and respond.
4. Use CALMING TECHNIQUES to help me keep my cool
5. REDUCE INPUT like noise and lights to calm sensory overload
6. AVOID physical contact if possible. Face-down holds can be dangerous for me
7. ALLOW me to rock, flap, or use other safe movements to calm down.
8. CALL someone who knows me and ask them to help.