



About me

- Name:
- DOB:
- Age:
- Pronouns:
- Emergency contact details:
- Allergies:



This is me!

Communication

Communication is easiest for me when:

- You use clear, simple language
- You give me extra time to process
- You talk to me, not my carer
- I can access my communication cards/AAC/write things down
- Eye contact is not expected

My interests

- Music
- Puzzles
- Lego
- Reading
- Anime



Understanding and consent

- Please explain what you are doing before you do it
- Tell me what will happen next
- Warn me before touching me
- My “stop signals” include: Saying stop, Pulling away, Putting my hand up, Shutting down

Sensory Triggers

- Noise
- Fluorescent lights
- Being touched
- Crowds
- Mushy food
- Vomit



My signs of distress

- Covering ears
- Stimming more
- Pacing
- Shutting down/not responding
- Crying
- Shaking



Things that help

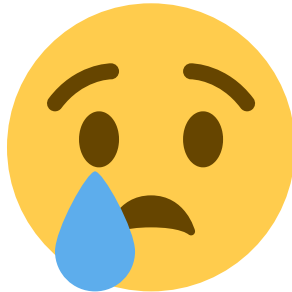
- Headphones
- Fidgets
- Comfort toy
- Weighted blanket
- Dimmed lights
- Calm voices



I AM FEELING



Happy



Sad



Worried



Angry



Dizzy



Tired



Sick



Calm



Scared



Confused



Thirsty



Hungry



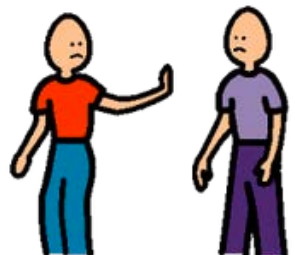
Yes



No



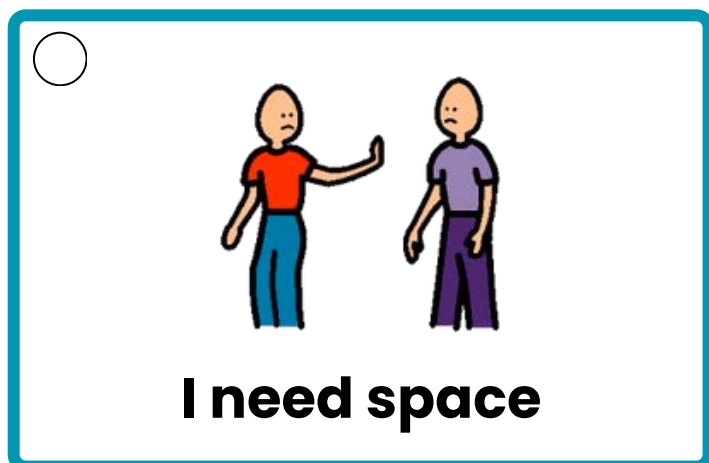
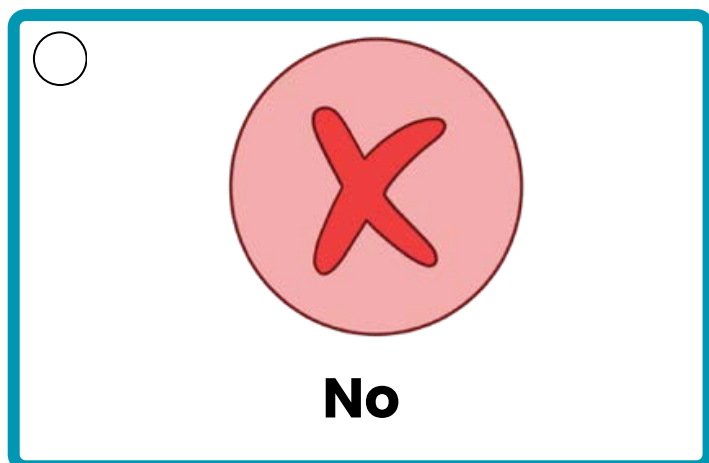
I need help



I need space

Lanyard-Sized Communication Cards

These are lanyard-sized communication cards. Print and cut out each card, then laminate for durability. Punch a hole in the corner and attach them to a lanyard using a key ring or hook.



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I need to move



I need the toilet



I am thirsty



I am hungry



I feel happy



I feel sad



I feel worried



I feel angry

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I feel excited



I feel tired



I feel sick



I feel calm



I feel scared



I feel confused



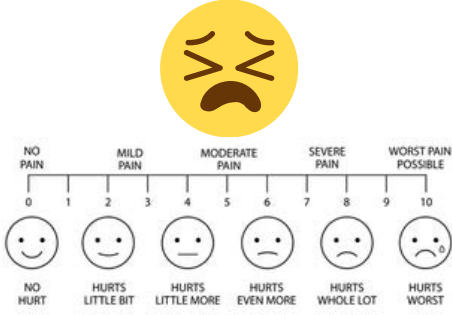
I feel dizzy



Something feels wrong

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A pain scale graphic with a yellow sad face at the top. Below it is a horizontal line with numbers 0 to 10. Above the line are labels: NO PAIN (0), MILD PAIN (2-3), MODERATE PAIN (4-5), SEVERE PAIN (7-8), and WORST PAIN POSSIBLE (10). Below the line are corresponding faces and labels: NO HURT (0), HURTS LITTLE BIT (2), HURTS LITTLE MORE (4), HURTS EVEN MORE (6), HURTS WHOLE LOT (8), and HURTS WORST (10).

I am in pain



An icon of a white medicine bottle with a blue cross and several colorful pills (pink, red, yellow, green) next to it.

I need pain relief



An icon showing two hands, one reaching out to help the other.

I need help



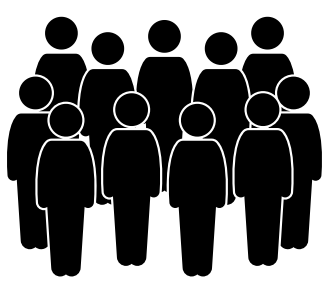
An icon of a megaphone and a human ear with sound waves, indicating loud noise.

It is too loud



An icon of a person holding their head, with a bright sun and a lit lightbulb nearby, indicating excessive brightness.

It is too bright



An icon showing a group of black silhouettes of people standing close together, representing a crowded space.

It is too crowded



A yellow diamond-shaped sign with the words "QUIET ZONE" in black capital letters.

I need a quiet space



An icon of a hand with a red prohibition sign (a circle with a diagonal line) over it, indicating that touching is not allowed.

I don't like being touched

Lanyard-Sized Communication Cards

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Please explain what you are doing



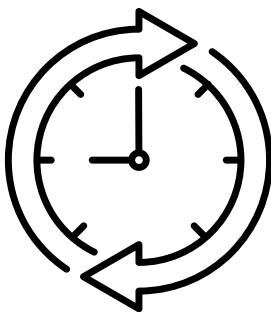
Please talk to me, not just my carer



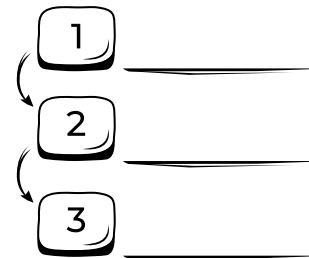
I need my comfort item



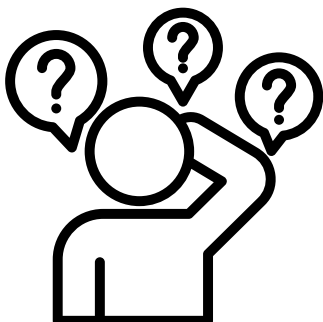
I need my headphones



How long will it take?



What happens next?



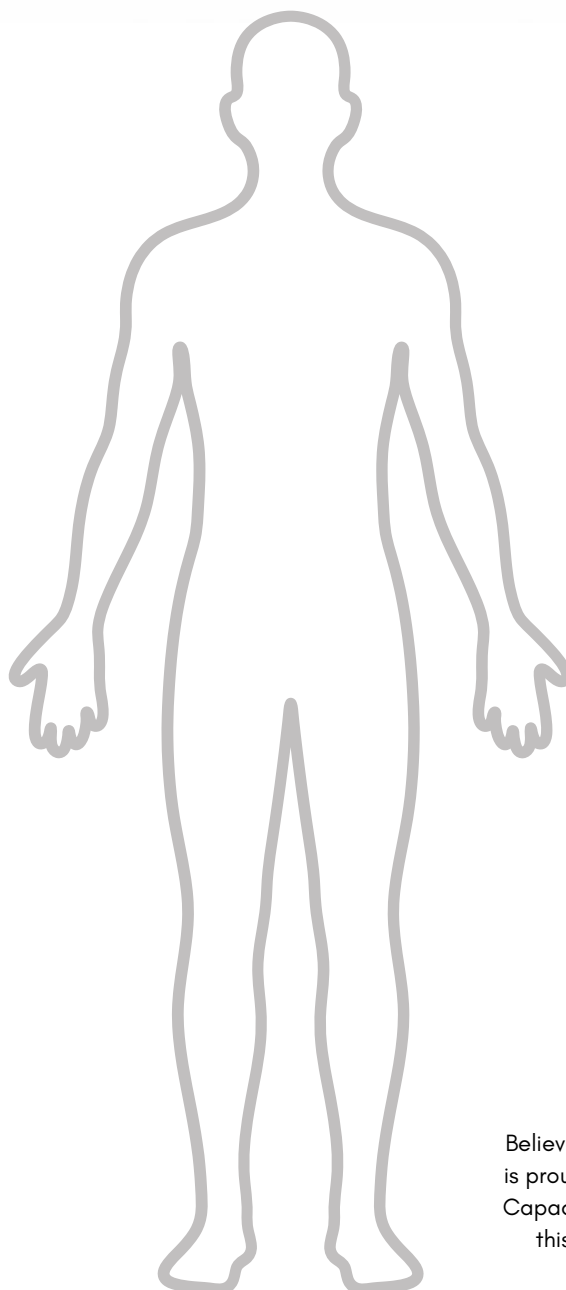
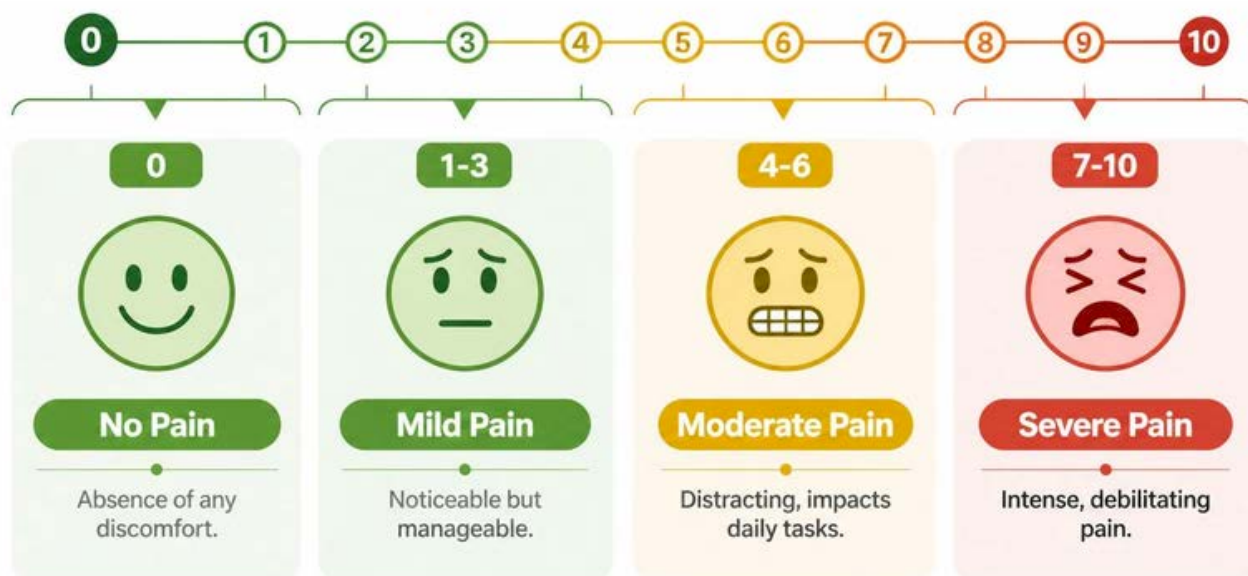
I don't understand



Thank you



I am in pain



Believe and Become, through the REACH UP initiative, is proudly delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS, including this free resource in partnership with Enable Me Occupational Therapy.