autism wellbeing

Smearing: Getting support…

Your GP or Health Visitor may be able to provide you with support or direct you to other sources of professional input. You may find the notes and a checklist like the one below are useful to share with your healthcare professional.

It can feel distressing to be coping with something that is embarrassing and taboo to discuss with your friends and family. Smearing is not uncommon and sharing how it feels to be living with it can help ease the stigma and stress associated with smearing.

The activity of smearing can look very different between episodes and between individuals. Is it when they produce a hard or a soft stool? do they use a small or a large amount of faecal matter? do they smear on furniture and walls or on their body? do they simply play with it, squeezing it between their fingers?

Date:	Time:	Yes/No NA	Notes:
Were they alone?			
Where did the smearing happen?			
Any signs of constipation?			
Any signs of pain or health concerns?			
How was their mood prior to smearing?			
Do they open their bowels at regular times?			
When was the last time they were prompted to use the toilet prior to smearing?			
Describe the smearing e.g. on the walls, body, playing with faeces, eating faeces etc			
How did you react when you discovered the smearing?			
How did they respond to your reaction?			
Was this a typical day?			
Any significant events that may have contributed to the smearing?			
What activities had they done earlier?			
Food and drink in past 24 hours:			
Any patterns identified. E.g. day of the week, triggers, diet etc.			