autism wellbeing

Important personal information to help with vaccinations

You may wish to complete this document and share it with the professionals at your appointment. It has been designed with the Covid-19 vaccination in mind but may be useful in a range of situations.

Please complete the document with your own information – each of us is different and needs different support or adjustments.

We have made some suggestions of common experiences that autistic people may have, that you can either delete or highlight if they are relevant to you; or use them as a prompt for adding information that is specific to yourself.

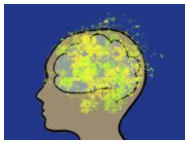
For further information and downloadable resources about autism please visit our Covid-19 free resources Facebook page: https://www.facebook.com/groups/306190943870227

Name:	

Communication:

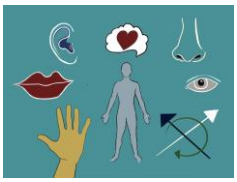
How my communication is affected:	Our suggestions – please edit:
	I use speech to communicate but when I am really stressed, I may not be able to talk. I do not use speech to communicate. I understand clear language that can be interpreted literally. I prefer closed questions so that I can give yes/no responses. I take time to process questions – please don't rush me or repeat yourself.

Reasons why attending this appointment is difficult for me:

Reasons:	Our suggestions – please edit:
	Unfamiliar location and people. Waiting increases my anxiety. I may not feel safe or comfortable to move my body to regulate myself.

autism
wellbeing

Sensory processing:

About my sensory processing:	Our suggestions – please edit:
	Light touch is really painful for me – ask me before touching me and use a firm touch. I find bright lights painful I may wear sunglasses or tinted lens so that I am more able to bear being in fluorescent lighting. I can get distressed in busy places, if there is a quiet room available I will be better able to attend the appointment. Certain smells *(please list)*…… …are distressing for me. I have a muted sense of how I feel inside – traditional pain scales don't capture my experience of pain. I may not be aware of having a temperature, injury or infection.

Reasons why having an injection is difficult for me:

Reasons:	Our suggestions – please edit:
	Due to my sensory processing, injections are very painful for me. I have had previous distressing experiences of injections. I find being close to another person distressing.

The following page lists things that are helpful for me.

Things you can do to help:

Suggestions:	Our suggestions – please edit:
	Do not touch me without asking me first. Please give me time to regulate myself if I am becoming distressed. Please let me rub my own arm first to prepare my skin for being touched. Please don't talk to me unless it is specifically about the procedure. Small talk increases my distress. I enjoy talking about *(insert topic)*…….. – if you'd like to talk to me during the procedure, I would be interested in talking about …….. *(e.g. dogs, nature, trains, TV programme etc)*

Autism Wellbeing has information that you can download about sensory processing. It includes information about each of our 8 sensory systems, along with tips and ideas for self-regulation and co-regulation.

https://www.autismwellbeing.org.uk/product-page/autism-wellbeing-covid-19-support-pack