

Number: _____

Name: _____

I may need the support of an accompanying adult . Please contact:


I have autism and I am feeling extremely anxious

To help me please:

- * Give me space and find me somewhere quiet to remain calm.
- * Give me time
- * Keep your language simple
- X Do not approach or touch me but do not leave me alone.
- X Do not crowd me



I have autism/ asc



- * I have difficulty understanding social situations, especially unfamiliar ones.
- * I may communicate/ behave in a way in a way you find unusual.
- * I am likely to be extremely anxious.
- * I may be sensitive to noise, lights, touch and smells around me.
- * Please be patient with me.
- * Please make reasonable changes to assist me.

Based on an original version by Manchester Foundation trust