



## My Communication profile:

### About this profile:

This profile is to help you explain the difficulties you experience when communicating. Often with simple adjustments, the stress and difficulties you are struggling with can be reduced. A member of staff or volunteer can help you fill this profile in, if that would help.

### 1) How I communicate:

Examples: I struggle to use eye contact when I am speaking to you as I find it painful; I am non verbal but use other methods of communication such as assisted communication or text to speech software.

**Insert below information on how you communicate:**

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### 2) How to communicate with me:

Examples: I may need extra processing time.  
I find it very difficult when more than one person is talking to me at once.

### 3) Additional communication needs you want us to know about.

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4)How I prefer to be contacted. Being contacted unexpectedly can cause me a great deal of stress.

**Text message**

**Letter**

**Video conferencing**

**Phone call-please do not leave a message**

**Phone call-you can leave a message**

**Email**

**Face to face**

