

My Book ALL About Me!
Oliver Jones'
Communication Passport



**This book will help you to get to
know me and how I communicate.**

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All about me – Who am I?



I am Oliver and I live at home
with Mum, Dad, my siblings,
and my pets.

Emergency contact details:

Mum – Mobile No.

Dad – Mobile No.



We live near Denbigh,
and I attend
Ysgol Plas Brondyffryn.

My birthday is on 3rd June, and I
was born in 2014.



My personality



I am a friendly and happy boy. If I run up to you and shout “Hello” it means I am happy to see you! My parents say that I am always smiling.

However, I can get angry sometimes when I am asked to do something I do not like. I like what I like a lot, but it can change quickly.



I have a good sense of humour, and I like to tell jokes.

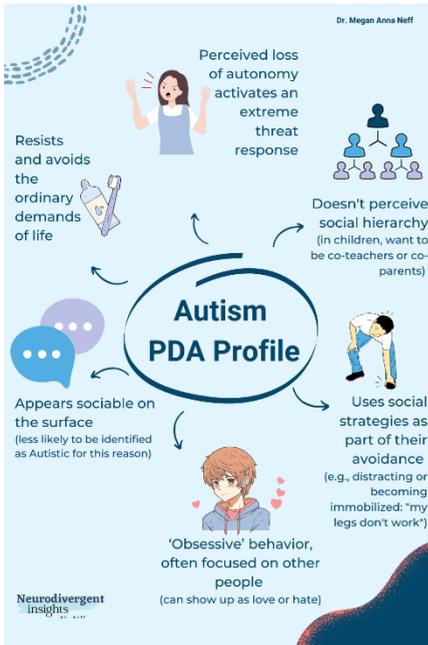
My teachers say that I am good at helping others in my class.



Important things about me.....



I have been diagnosed with Autism. Autism refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviours, speech, and nonverbal communication.



I have an Autism PDA profile which means I will resist and avoid the ordinary demands of life.



I am allergic to Penicillin.



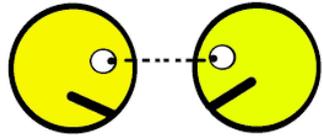
How I communicate with you....



I can communicate verbally but I may choose not to until I know you a little better.

When I first meet you, I might struggle with eye contact, and I may physically turn my body away from you.

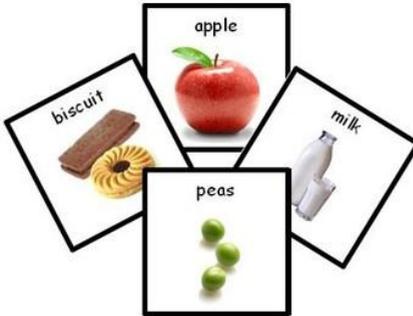
Eye-Contact



Once I know you a little, I may try and hug you or grab your hand. I am still learning about personal space and when it is appropriate to hug or hold hands. **Please help me to understand when hugging and holding hands might not be appropriate.**



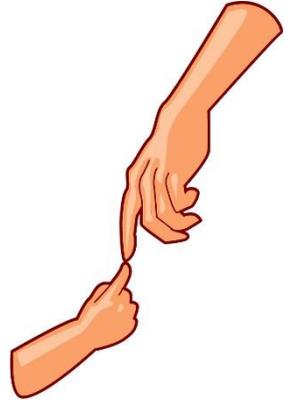
How I communicate with you....



...using PECS and symbols.



...using my tablet.



How to communicate with me....



You might notice that if you ask me to do something I might not want to do it. Demand avoidance means I often have difficulty in completing everyday tasks.

Please try to reword your instruction in a way that it does not sound like a demand. Rewards can work well to motivate me.



Please give me clear and concise instructions and use Makaton signs to help me know what I need to do.



I like a lot of praise. Praise really motivates me to do well and try my best.

Things I find tricky.....



...communicating to you and processing new information.
Please give me time to think.

I am learning to understand who a stranger is. **Please keep me safe and remind me what I need to do when I see a stranger.**



I am a very active boy, and I like to run around a lot. However, I might not see the dangers around me.
Please help me to understand why something I'm doing is dangerous.



I can mask my behaviour. Masking means that I am good at looking like I am enjoying doing something when in fact I am not enjoying it at all.



Things I struggle with that cause me distress...



...being asked to do something I don't want to do.



...hearing unexpected sounds, being in noisy or busy environments.



...attending medical appointments.



... being rushed.

Please give me enough time to do things. I will do it, but it will just take me longer to do it.



How to help calm me down & keep me calm...

Time for BREAKS



Having movement breaks throughout the day will help to relieve any stress building up in my body.



If I am triggered and experience a meltdown the following things can help me to recover:

- not talking to me until I am ready
- having space in a quiet environment
- giving me plenty of time
- not being asked to do anything
- giving me empathy and understanding
- listening to music.

Physical health.....



I might sometimes struggle to walk long distances and will need to use my wheelchair.

I like to join in with PE but I might experience pain in my feet and will need to sit down. I am currently attending physiotherapy every month.



My daily routine.....



I love to follow my daily routine and can struggle if things change.

Please give me plenty of warning if things are going to be different to my routine.

Please use my PECS symbols to help me understand and reassure me I will be OK.

My family.....

FAMILY PHOTOS HERE



Special things & special interests...



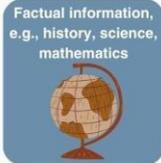
I like to take Billy the Bear everywhere I go and would feel very upset if I lost him.

I love going to watch the planes take off and land at the airport.



COMMON AUTISTIC SPECIAL INTERESTS

- Technology, e.g., gaming, programming, software**

- Factual information, e.g., history, science, mathematics**

- Collecting, e.g., stamps, toys, crystals**

- Animals, e.g., specific species, animal behavior, conservation**

- Arts, e.g., drawing, books, music, films**

- Transportation, e.g., trains, planes, cars**


SimplyPsychology.org

Fun things I like to do



...dancing.



...swimming.
I can hold my
breath under
the water.



...listening to
pop music.

Places I like going



...to the beach



...to the park



Things I am good at



...listening to clear and concise instructions.



...drawing and painting pictures.

...running fast.



Things I need help with



...eating my food.

...going to the toilet.



...getting dressed.

...remembering where I
have put things.



What I like to eat and drink.....



At School.....

At home.....

Mealtimes:

8am, 12 noon, 5pm



Please cut up my food into small pieces so I can feed myself.

Things I like to eat:

- Weetabix
- Spaghetti Bolognese
- Fish Fingers & Chips
- Vegetables
- Fruit



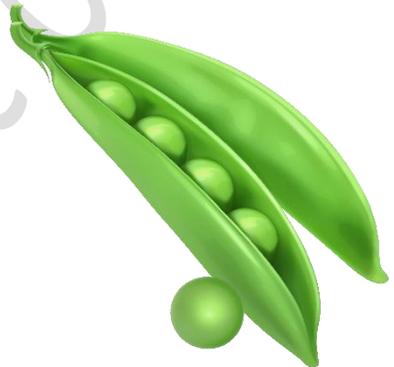
What I like to drink:

Water & Milk



What I do not like to eat and drink.....

- Peas
- Apples
- Crisps
- Hot Drinks



AUTISTIC STRENGTHS

UNDERSTANDING THE POSITIVES TO "A DIFFERENT WAY OF THINKING" CAN SUPPORT THE DEVELOPMENT OF COMPASSION TOWARDS YOURSELF WHICH CAN HAVE SIGNIFICANT IMPACT ON WELLBEING AND MENTAL HEALTH



VISUAL SKILLS
visual learning,
detailed focus



ATTENTION TO DETAIL
thorough &
accurate



CREATIVITY
unique way of
thinking, novel
solutions to problems



INTEGRITY
honest &
trustworthy



EXPERTISE
in-depth knowledge,
high level skills



MEMORY
excellent recall and
memory



OBSERVATIONAL SKILLS
learn by
looking/doing &
self-evaluate



ANALYTICAL
problem-solve,
identify patterns



DEEP FOCUS
concentration &
responsiveness to
structure



CRITICAL THINKING
may question
normative
behaviour



TENACITY & RESILIENCE
strength &
determination, self-
motivated



KINDNESS
kind to others,
acceptance of
difference



Evidence-Based Therapy Centre

May 2019, modified based on Marriot Common
Disability Services University of Leeds, February 2018

AND SO MANY MORE...



Thank You

Well, you have reached the end of my communication passport - I hope you feel that you know me a little bit better now!

If you can think of anything that you think should be included in my passport, please write your idea in the box- thanks 😊



e-mail: julielloyd@tgpcymru.org.uk

or Passport@tgpcymru.org.uk

We would like to know who gets to see the communication passport we produce, so we can feedback to our funders. Hopefully, we can show that by producing a communication passport the young person feels that their voice is heard and will mean that they will receive a more consistent approach when others are spending time with them.



Feedback: Please be honest – positive or negative we welcome your comments.

Name	Comment	Date

Do you feel that the Communication Passport encourages a consistent approach when working with Oliver?

Name and relationship with child/young person	Yes/No