

Example Only

My Book All About Me

Oliver Jones'

Communication Passport



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

Example Only

My Book All About Me

Oliver Jones'

Communication Passport



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

Example Only

Example Only

If you have any thoughts about the communication passport, we would love to hear them!



Positive feedback can help to show our funders what a useful resource the communication passport can be. This will help us to produce more passports in the future!

Constructive feedback helps us to learn and improve future communication passports.

You can email your thoughts to:
Passport@tgpcymru.org.uk

Or you can leave feedback by scanning this QR code. It takes less than 1 minute, and it means the world.



Contents page

All about me – Who am I?.....	5
Important things about me	7
My personality	8
How I communicate with you	9
How I communicate my emotions.....	11
How to communicate with me	12
How to keep me safe	14
Things I need help with.....	15
Things I find tricky	16
My sensory profile.....	17
Things that cause me distress	19
How to help me calm down	20
My physical health	21
What I like to eat and drink.....	22
What I do not like to eat and drink.....	23
My daily routine	24
My Family Photo	25
Special things & special interests	26
Fun things I like to do.....	27
Places I like going	28
Things I am good at.....	29
Neuro Affirming Resources	30

Example Only

Bruno



Example Only

Shelly



Example Only

All about me – Who am I?

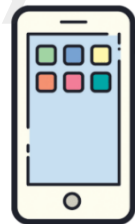


I am Oliver and I live at home with Mummy (Linda), Daddy (Carl), and my big sister (Tanya). I also have a dog called Bruno and a tortoise called Shelly.

Emergency contact details:

Mum – Linda – 0123456789

Dad – Carl - 0987654321



We live near Denbigh, and I go to
Y Fawr Ysgol Gyfeillgar.

My birthday is on the 28th August
and I was born in 2020.



Example Only

 Scan this QR code to
understand more about what
it might be like to be dyslexic
at school.



Example Only

Important things about me



I am Autistic. It is very likely that I am Dyslexic too. I am waiting to find out for sure.

Please scan this QR code to watch a short video to find out more about being Autistic.



I have a PDA profile. This means everyday demands can feel very hard for me, even when I want to join in.



I am allergic to Penicillin.



My personality



I am friendly and happy. If I run up to you and shout “Hello” it means I am happy to see you!



I am always smiling.
I can get frustrated sometimes.



I like what I like a lot, but my preferences 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.



How I communicate with you



I can communicate by speaking, but I may need time before I talk to people I do not know.

I might look down or turn away while I listen.

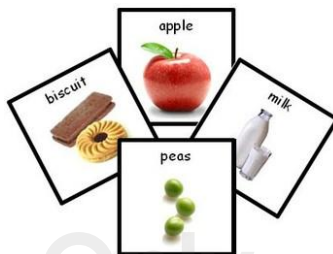
I sometimes hug or hold hands; if this is not OK, please offer me a high five instead.



How I communicate with you

When talking is difficult, I might use other ways of communicating, such as:

- Using symbols.
- Using Makaton
- Using an AAC app on my tablet.



How I communicate my emotions



I don't always know what emotion I am feeling in the moment.



Sometimes I might not know if I am upset until much later.



You might be able to see signs that I am getting dysregulated, for example:



- I might start talking very fast.
- I might get hot and my face might look red.
- I might act impulsively.
- I might say I feel tired.



How to communicate with me

You might notice that if you ask me to do something I might not be able to do it, even if it seems like an easy task to you.

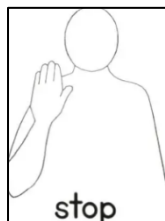


Demand avoidance means that even everyday tasks, such as eating a snack, putting my shoes on, or brushing my teeth, can feel overwhelming for me, even if I look calm on the outside.

How to communicate with me



When I am feeling overwhelmed I struggle to understand lots of words at once. **Please slow down and give me lots of thinking time.**



Using visual clues, like symbols, pictures or Makaton can also help me to process what you are saying.



I like to know when I have done well, but too much praise can be difficult for me.

Please ask me before giving me stickers or public praise



Example Only

How to keep me safe

I am learning to understand who a stranger is.

Please keep me safe and remind me what I need to do if a stranger talks to me.

Example Only

Please keep me safe near:

- Roads and car parks.
- Water
- Animals
- Busy places.



Example Only



I can move quickly when I am excited or overwhelmed.

If I run or hide, I may be trying to get away from something that feels too much.

Example Only

Things I need help with

I need help with transitions, changes and stopping something I enjoy. **Please give me warning, use now/next and make changes feel playful when you can.**

I also need help with:

- Knowing when I am hungry.
- Knowing when I need to use the toilet.
- Making sure I am clean after I go to the toilet, and fun reminders to wash my hands.
- Getting my clothes on the right way round and help with fiddly fasteners or zips.



Things I find tricky

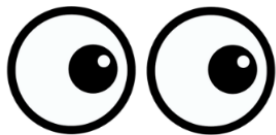
I find it tricky when:

- Plans change suddenly
- People ask me lots of questions
- I lose a game
- I feel rushed
- Too much school work, such as reading or writing.



I can also find it tricky when people watch me too closely or stare at me. Especially if I am already tired or worried.

My sensory profile



Vision: I notice lots of visual details and I like looking closely at things that interest me.

Taste: I like foods that are familiar and predictable. I like dry, crunchy foods best.



Sound: I have very good hearing. Sudden or loud noises can make it harder for me to think and use my words.

Smell: Strong smells are overwhelming, especially food, perfume or cleaning products or busy places. If I say something smells funny, please believe me.





Touch: I like some touch, such as hugs or holding hands, (when I choose it) but I am sensitive to labels, seams, wet clothes or people being too close.

Vestibular (Balance and Movement): Movement helps my body feel calmer.



Proprioception (Body Awareness): Activities like pushing, pulling, carrying, digging, building or using a weighted blanket, can help me feel grounded.

Interoception (Internal Body Signals):

I may not always notice what is happening inside my body, and I might need reminders to eat, drink, rest and go to the toilet.



Things that cause me distress

- When I am expected to do something, and I can't do it.
- Sudden, loud or high-pitched noises.
- Crying babies.
- Being in a busy or noisy place that I can't get out of.
- Attending medical appointments.
- Being rushed.
- People staring at me.



How to help me calm down

When I am stressed, please
lower demands and give me
lots of time and space.

It might help me to have:

- My tablet
- My teddy
- A drink and a snack
- Time outside.



Example Only

My physical health

I am generally healthy and full of energy.

I may not always say if I feel poorly or if something hurts, so please notice changes in my behaviour, sleep, appetite or energy.

**I am allergic to
Penicillin.**



What I like to eat and drink

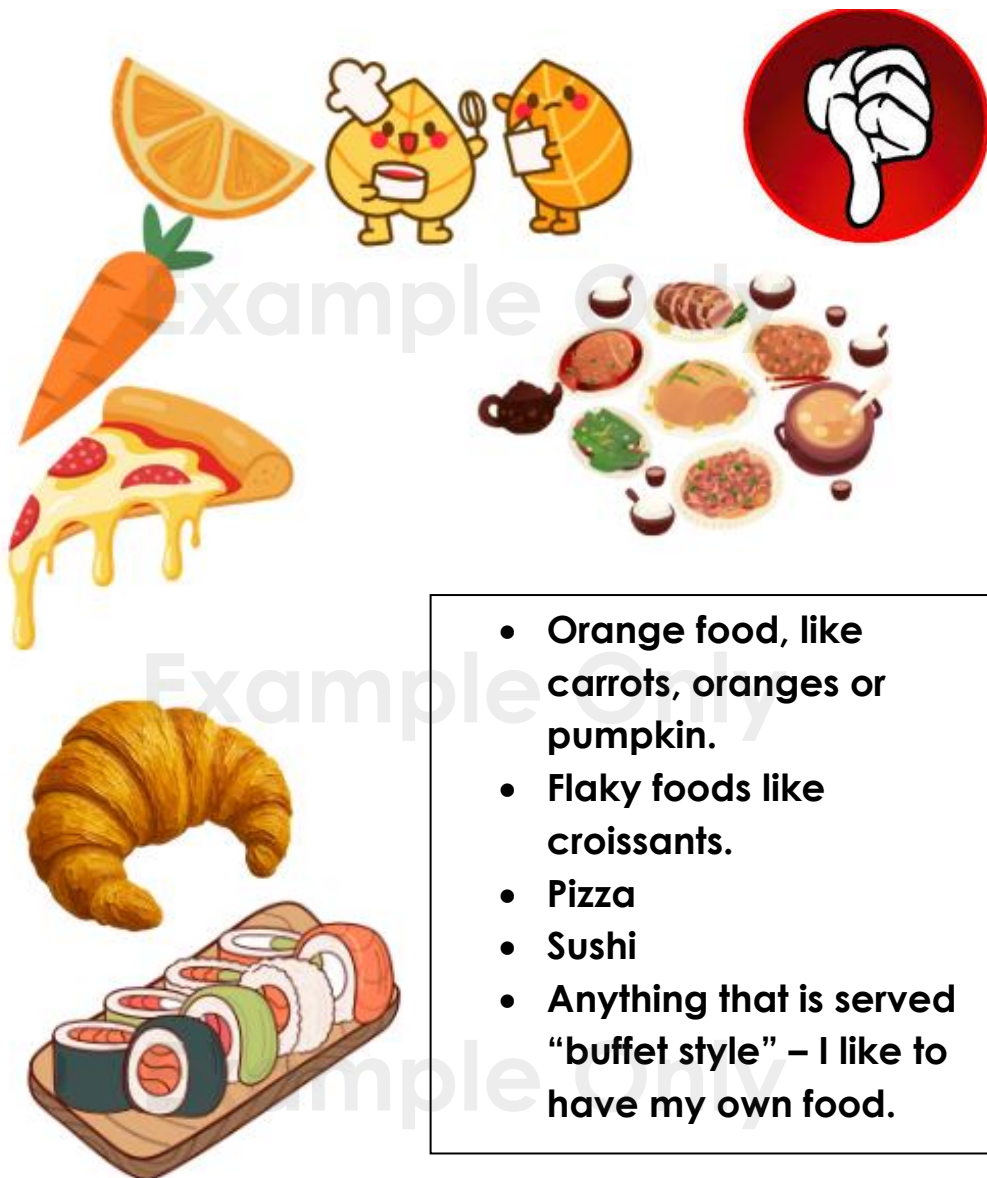


- McDonalds and KFC.
- Sandwiches
- Waffles
- Tacos
- Biscuits
- Watermelon
- Hot Dogs
- Soup
- Cherries
- Fried Eggs



Drinks: Water & Milk

What I do not like to eat and drink



- Orange food, like carrots, oranges or pumpkin.
- Flaky foods like croissants.
- Pizza
- Sushi
- Anything that is served “buffet style” – I like to have my own food.

My daily routine



I like my day to feel predictable. In the morning I need time to wake up, get dressed, eat breakfast, and get ready without feeling rushed.



At school I like knowing what is happening now and next.



After school I often need quiet time, a snack, and time to play on my tablet before I can manage anything else



Example Only

My Family Photo



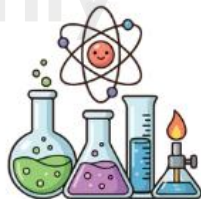
Example Only

Special things & special interests

I love animals, especially my pets, Bruno and Shelly.

I also like:

- learning facts about science.
- Watching my favourite programmes, Dr Who, Coronation Street and Ben and Holly's Little Kingdom.
- Creating and inventing, I like building, drawing, and designing.
- Talking about things I know a lot about. My interests can be a great way to start a conversation with me.



Example Only

Fun things I like to do

I like:

- Being outside, especially looking for minibeasts.



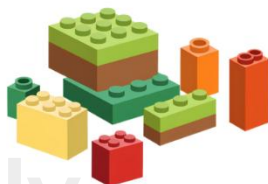
- Being active - running, climbing, splashing in puddles.



- Sensory activities - playing with slime, sand or water.



- Building with blocks, Lego or anything I can find.



- Using my tablet.

Example Only

Example Only

Places I like going

I like going to places where I know what to expect.

I enjoy:

- going to the park
- going to the beach
- quiet woodland walks
- going to the library
- going to Chester Zoo
- Visiting my Nain and Taid,
and cousin, Jeremy.



Things I am good at

I am good at:

- Noticing tiny details but seeing the big picture.
- Remembering facts.
- Making people smile.
- Helping others (when it is my choice).
- Being kind to animals and the environment.
- Solving problems in my own way.

I try really hard every day,
even when things feel
difficult.



Example Only

Neuro Affirming Resources



If you want to find out more about
being Autistic, then you can watch
this short video.



Or for more information about
neurodiversity in general, watch
this video!



Other good places
to find out more:



autistic
girls network

Autistic
not weird



Example Only



PATHOLOGICAL DEMAND AVOIDANCE



A PDA profile means that some everyday things can feel really hard, even if they seem easy to other people.

Things like being asked to do something, changing activities, following routines, or answering questions might make a PDAer panic.

Panic can make people do things they wouldn't usually do.

Panicking does not mean someone is being naughty or difficult.

Someone with a PDA profile might seem chatty, funny, or confident, most of the time...

... but inside they may still feel very anxious. Especially when too many demands build up.

It usually means their brain is trying to feel safe and in control.

It is often helpful to let a PDAer work out how to solve a problem themselves, rather than being bossy or telling them what to do.

Feeling safe and supported can make demands easier to face.

The best way to support a PDA is by being on their team.





Understanding Dyslexia

What is Dyslexia?



Dyslexia is a learning difference that can make reading, writing, spelling, and remembering information harder. It does not mean someone is less clever. Many people with dyslexia are very creative and good at solving problems.



What are Reasonable Adjustments?



Reasonable adjustments are small changes that help pupils with dyslexia learn more easily in school. These changes can make lessons fairer and help children show what they know. ★



Helpful Adjustments

for pupils with dyslexia in school

Some helpful adjustments for pupils with dyslexia include:

1

Giving extra time for reading and writing tasks.



2

Never ask a dyslexic pupil to read aloud, without checking with them first.



3

Using coloured paper or changing the screen background to make words easier to read.



4

Letting pupils use a laptop, spell checker, or text-to-speech tools.



5

Breaking instructions into short, clear steps.



6

Reading instructions aloud and checking that the pupil understands.





Thank you for reading my communication passport.

I hope this passport has helped you get to know me a little better and understand my communication and support needs.

Please remember to scan the QR code (below) to share your feedback with TGP Cymru. It only takes a moment, and your comments help show what is working well and how communication passports can keep improving in the future.

Your feedback also helps demonstrate the value and impact of this work to the organisations who support it, so that more children and families can benefit from communication passports.





CRONFA
GYMUNEDOL
COMMUNITY
FUND



We are all extremely grateful to the North
Wales Freemasons and The National
Lottery for their support of the
communication passport service, which
helps make this work possible.

