



My Autistic Profile

**(Diagnosed + self-
identified/discovered)**

My preferred method(s) of communication:

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What things trigger me:

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Warning signs of an upcoming meltdown, shutdown etc:

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What helps me when experiencing anxiety, meltdowns, shutdowns etc:

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What others can do to support/help me:

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My favourite stims:

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What I prefer to do independently/privately:

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What I prefer to do with someone/with support:

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Sensory Preferences:

Likes:

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Dislikes:

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Other relevant information:

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