

Example Communication Profile



Area of challenge	Actions for assistance
I take language literally	Use clear, unambiguous language using shorter sentences.
Understanding a list of instructions	Give me one or two items at a time, give me verbal instructions and follow up in writing e.g. email, visual support so I know what to do.
Can find looking at a whole task overwhelming	Give me the task broken up into steps
I find it hard to speak out in a group .	Work out a signal together so I may speak afterwards or give us the opportunity to write any questions on a post-it note .
I dislike attention focusing on me	Please give opportunities to ask questions, written too and give me a choice about whether to answer.
I often focus on small details and can get absorbed by them	Please work with me on timescales for tasks to ensure I do not just focus on one part.
When I am anxious or overwhelmed, I struggle to speak	Allow me to have a work-appropriate keyword or signal, which means I need a break to refocus.
I listen better when doing an activity, but it does not mean I am not paying attention	Allow me to doodle while you speak or fiddle with my keyring, and have a movement break. Allow me to listen to music though not too wordy or too loud so it won't distract others.
When I have an idea, I can forget it if I do not share it straight away.	Either let me share or note down my idea for you straight away.