



## Caring for Your Patient with Autism Spectrum Disorder

<b>My Name</b>	
<b>Date of Birth</b>	

### Things you need to know:

<b>Other diagnoses, medications, allergies and/or</b>	<b>People who help me make decisions:</b>
	<input type="checkbox"/> I have a substitute decision maker: _____
<b>How I communicate:</b>	
<b>Things that help me understand:</b>	
1. 2. 3.	
<b>It helps me feel comfortable when we talk about:</b>	
<b>My biggest worry about seeing healthcare professionals is:</b>	
<b>If I'm in pain I show it by:</b>	
<input type="checkbox"/> I don't show pain	
<b>If I start to get upset, I show it by:</b>	
<b>The best way to help me if I start to get upset is to:</b>	
<input type="checkbox"/> I may need the appointment to end immediately. I will reschedule.	
<b>If you do a procedure these things might help:</b>	
<b>My sensory needs:</b>	



## TIPS FOR COMPLETING THIS FORM

This form has been *carefully* designed to be read **quickly** by the health care professional (HCP). The idea is to get the HCP focused on the **most important information** to make your visits as stress-free and positive as possible.

- Only add information that is **critical** for them to know
- Use point form or single words rather than writing long sentences if possible
- Use a **highlighter** to draw the HCP's attention to the most important items.
- If the section doesn't apply, feel free to leave it empty, cross it out, or delete it (when using the electronic Microsoft Word version, available on the York ASD Partnership website).
- If you need more room than provided, you can make the boxes larger (if using the electronic MS Word version) but be careful to keep it to a **single page**.

Use the "**I have a substitute decision maker**" if you have someone who can legally make medical decisions for you. For more information, learn more at

<https://www.speakupontario.ca/resource/the-substitute-decision-maker-hierarchy/>

For "**How I communicate**", you can choose examples such as: verbally, augmentative device, visuals, sign language. If this is not relevant, you can delete this in the form.

For "**Things that help me understand**", you can include things such as: speak slowly, give me time to process, repeat things, let my caregiver explain, use pictures, write it down, demonstrate, use simple language.

For "**It helps me feel comfortable when we talk about**", include topics that interest you to help spark conversation and connection.

For "**If you do a procedure these things might help**", add what might help, such as: provide a lot of warning, model the procedure on my caregiver or yourself

For "**My sensory needs**", include things the HCP might need to know such as: avoid bright lights, I don't like light touch, don't touch me more than you need to, I like strong smells, I don't like strong smells, I don't like loud voices.

If you would like to provide feedback, please contact [yorkasd@kerrysplace.org](mailto:yorkasd@kerrysplace.org).