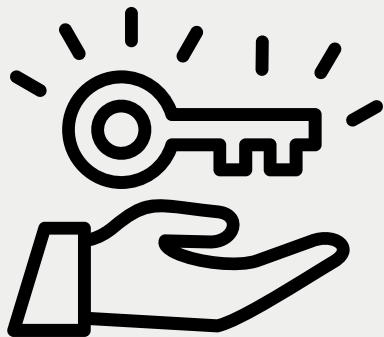
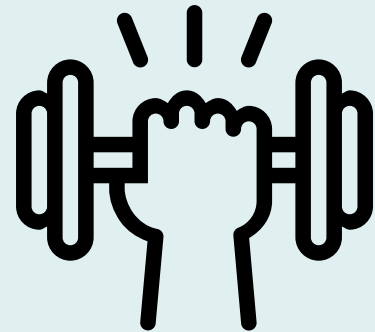


All About Me

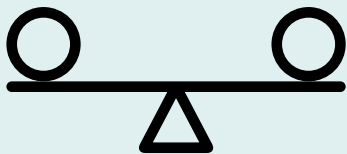
Self-advocacy booklet for people with disability



All about
my access needs



All about
my strengths



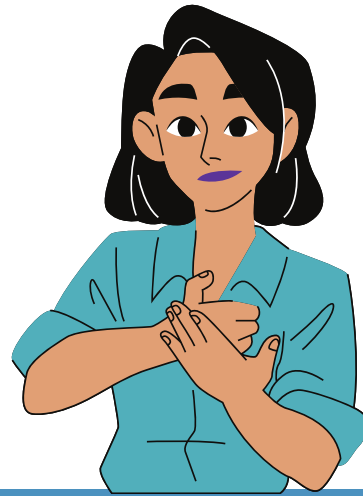
All about
my regulation skills



All about
my support network

How to use this booklet

**Welcome to the
'All About Me:
Support Booklet'**



For people with disability

This is a booklet all about you!

You and someone who knows you well can fill it in to give to people who may work or interact with you, so they know how to support you. It is up to you who you share this booklet with.

You can add information into this booklet at any time.

This booklet can help you with speaking up for what you need.

For carers

This is a booklet that you and the person you care for can fill out to give to people who interact and support the person you care for.

It is important that, where possible, you discuss with the person what they would like to include and how they want to say it. .

It might be helpful to regularly review this booklet as things may change for the person you care for.

For supporters

This booklet has been filled out by _____ and their carer, to share about their support needs, strengths, self-regulation skills, and support network.

The information in this booklet can change over time, as _____ develops new interests, skills and support people.

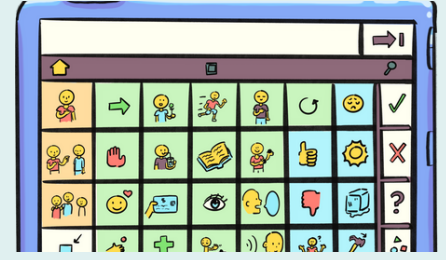
This booklet is to share information on how to include and support them in the way they need and want.

It is important to recognise and encourage when _____ advocates for themselves.

Booklet Sections

All about my access needs

- About me and my interests
- Medical information
- Communication
- Belonging
- Assistive equipment



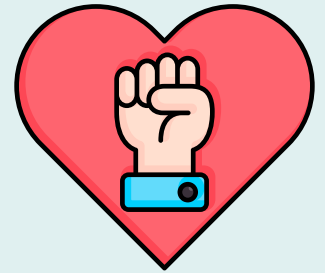
All about my support network

- My core supports
- Supports at school or work
- My family
- My support plan



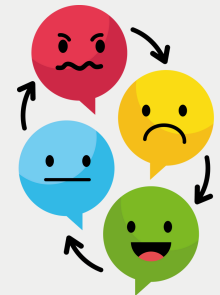
All about my strengths

- What I like about school or work
- Favourite things to do
- My talents
- Proud moments
- Happy memory
- Helping others



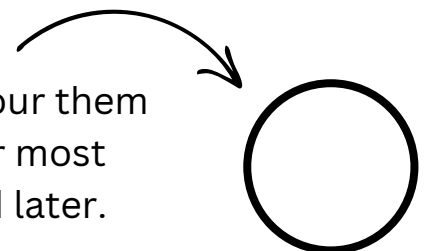
All about feeling good

- Window of tolerance
- Zones
- My strategies
- Checking in with me
- Communication board



Section Colours

At the top left of each page are black dots you can colour them to show what pages are most important to you. Red for most important, orange for important and green can be read later.



Most important

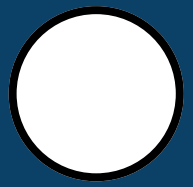


Important



For later

All About Me



About me

My name is _____

I like to be called _____

My main support person is _____

They are my _____

Their mobile _____

Their email _____

Drawing or picture of me

My Interests

Some of the things I am interested in are:

Medical Information

Here is the medical information I am comfortable sharing. It is important that this is kept private.

(This can include information like my disabilities, medical conditions and allergies.)

Communication

I communicate by

You can tell I have had enough when I

You can help my communication by

Reminder: How I communicate might change depending on how I'm feeling and who I am communicating with.

All About Access



Belonging

Some of the things that help me to feel I belong are:

Things that are not helpful

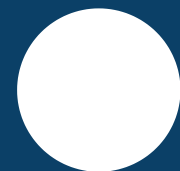
I do not feel like I belong (or that I am valued) when:

Assistive equipment

Sometimes, I use tools to help me meet my needs. These tools are called assistive equipment, and can be things like fidget toys, crutches, a wheelchair, iPad etc.

My tool/equipment	What I use it for

Things I find hard



In different environments and situations

Sometimes, things that happen in different environments can be difficult for me, even if they seem easy for those around me. Some things that happen can be a 'trigger' for me, making me to feel overwhelmed and react.

When something sets off my strong feelings, my reaction is a response to being overwhelmed. It is important to recognise that these responses are not just about my behaviour, but about how I am feeling and what has caused those feelings.

Understanding these 'triggers' can help you support me better when I am struggling.

All behaviours are a form of communication. This booklet will help you understand me when I may not be able to say what I am feeling or struggling with.

The following page has a table that can be used to show how different environments and situations can impact me and what supports I need. Below is an example.

	Environment / Situation (Trigger / Difficulty)	How this makes me feel and my response	What support I need in that situation	What to do if my supports don't work
Example 1	School assembly. The rush of the morning and lots of people. Too noisy.	Anxious. Withdrawn from communicating.	Extra time in the morning to sit at the end of the row.	Allow me to sit with my teacher.
Example 2	Tests I find it hard to sit still and be quiet.	Uncomfortable. I become restless or disruptive.	Breaks during testing time.	Allow me to sit the tests in smaller chunks, or by myself with supports.

All About Including Me



Environment / Situation Trigger / Difficulty)	How this makes me feel. My response	Support I need in that environment or situation.	What to do if my supports don't work

All About Supports



Main supports

Below are the details of my main supports. These are the people most important to me and who see me every day. They know things about me in case of an emergency.

My main support

Name _____

They are my _____

Their mobile _____

Second support person

Name _____

They are my _____

Their mobile _____

Other supports

When I am at _____ there are people who I trust.

About the support:

Name _____

They are my _____

Their mobile _____

They support me with:

My family

The people in my family are:

I live with:

Image of my family

All About My Strengths



I like it when...

Favourite items

I am good at...

My proud moments

A happy memory

I help others by...

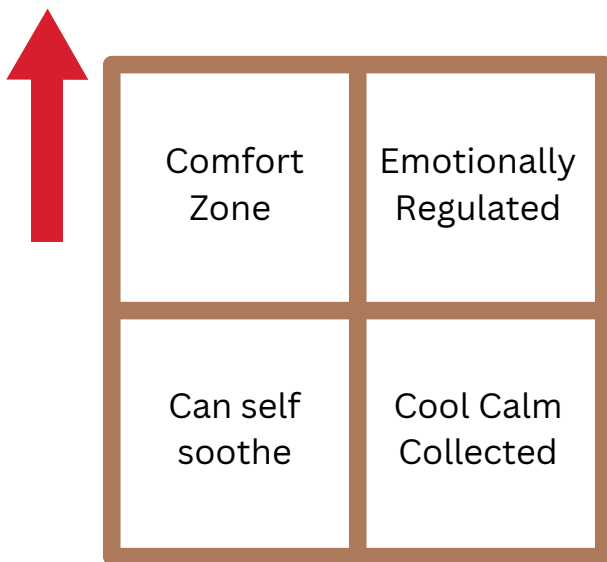
All About Feeling Good

If you support me to feel comfortable, I can reach my full potential. When I do not feel good or I am uncomfortable I may withdraw (hypoarousal) or I may show more extreme reactive emotions (hyperarousal). In my comfortable space I feel balanced. Some people call this feeling the 'window of tolerance', when I am outside of my window of tolerance people may say I am dysregulated and not in control of my emotions and behaviours.

There are techniques that can help me return to my comfortable and balanced space (my window of tolerance).

Window of Tolerance

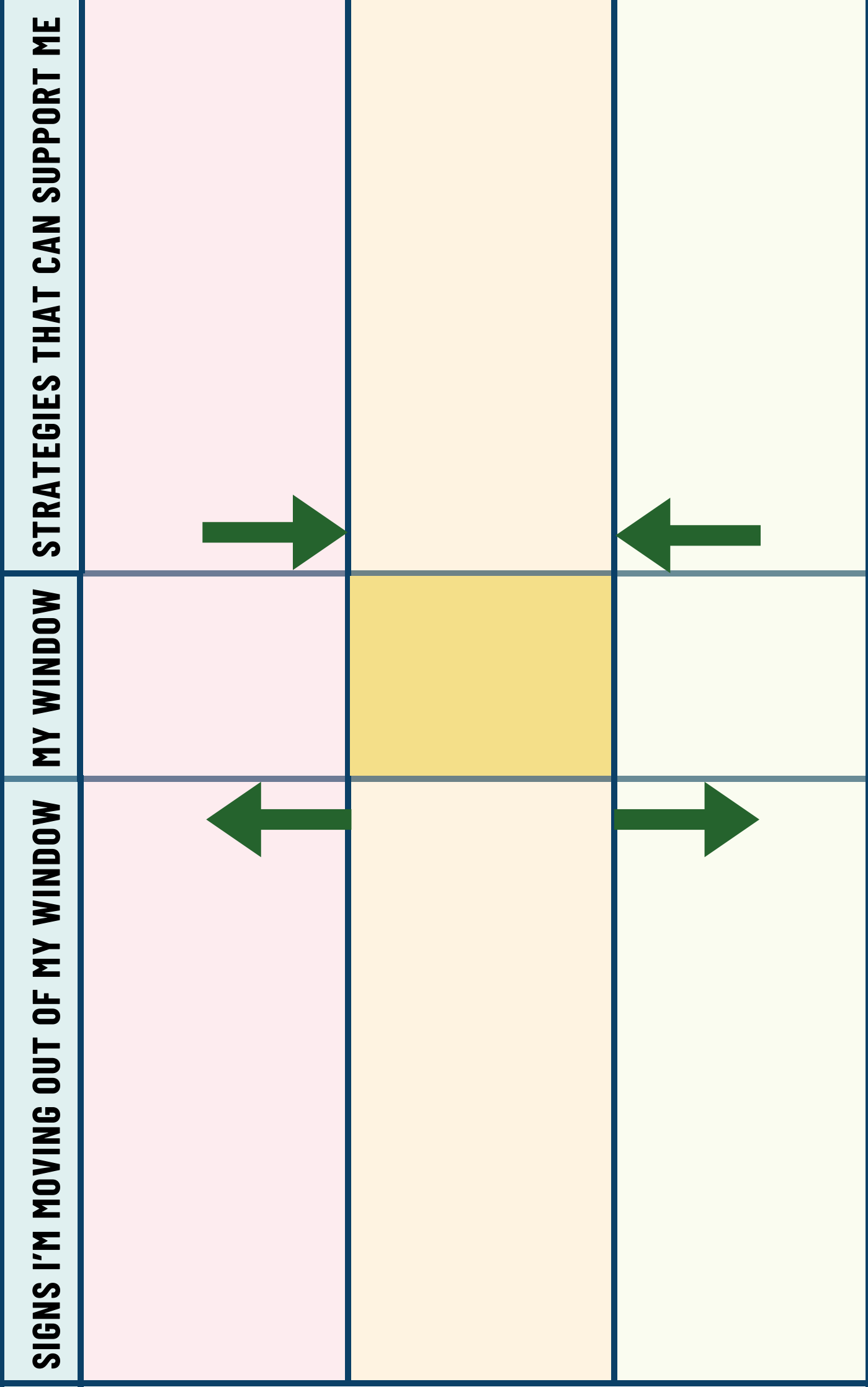
When I am hyperaroused (reactive), I might have racing thoughts, find it hard to concentrate and find it hard to stay where I am. Signs of this zone include feeling very angry, frustrated, or restless.



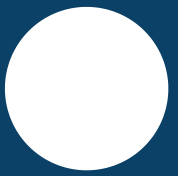
When I'm 'balanced' I will be calm, focused, and better able to manage my emotions. Signs of this may be doing things that I enjoy and taking part in group conversations.

When I am hypoaroused (withdrawn). I might feel numb, disconnected, or sad. Signs may include feeling tired, having low energy, or not wanting to talk or participate.

MY WINDOW OF TOLERANCE ●



MY STRATEGIES



TAKING A BREAK OUTSIDE



TAKING A BREAK INSIDE



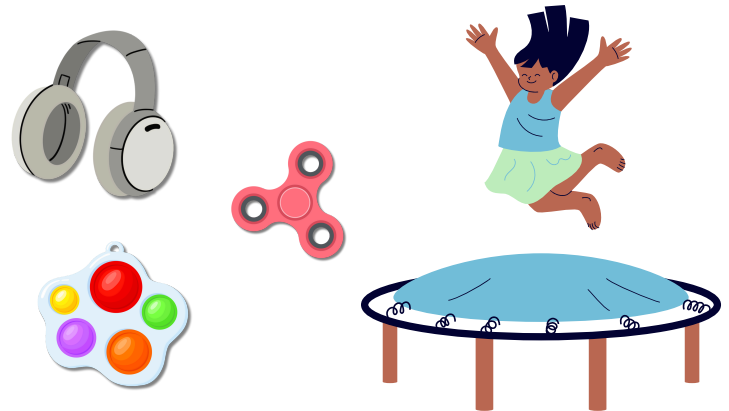
TAKING A BRAIN BREAK



USING THE SENSORY ROOM

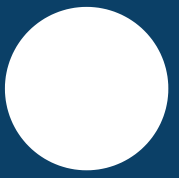


DOING A CALMING ACTIVITY



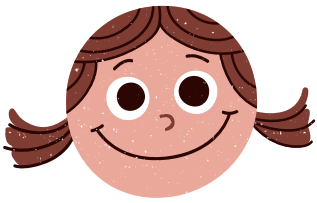
USING MY SUPPORT TOOLS

CHECKING IN WITH ME



Sometimes I have a lot that I am processing, which can impact how I feel. Checking in with and the people who support me is a good way to be aware of any big changes in my life and in my support needs. Checking in can be by asking me how I am.

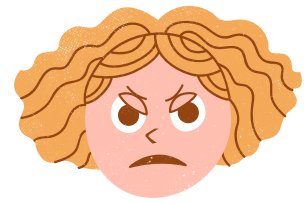
When I am feeling overwhelmed it can be hard for me to tell you how I am feeling, but I could show you using the communication board or by pointing to what I need.



Happy



Sad



Angry



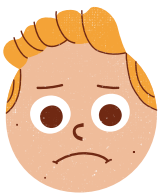
Excited



Calm



Sleepy



Disappointed



Worried



Hurt

COMMUNICATION BOARD





This book was a joint initiative between CCK and Cerge, and supported by the City of Cockburn.

Connecting
Community for Kids



Supported by

