



## My Family and Friends :

Mum - Jenny

Dad - Brian

Brother - Michael

Sister - Sarah

Hello My name is Linda



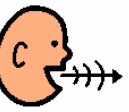
Please read this book about me.

It will help you get to know me and how I communicate.

## Things you need to know about me :

- I have a great sense of humor and laugh a lot
- I can't talk but I like to make noises
- I have difficulties understanding language but understand routines
- Speak in short sentences to me
- I know what I want and don't want
- I am hypersensitive to loud sounds; When this happens I put my hands over my ears.

## How to communicate with me :



- It is important to get my attention first before talking to me
- I use objects of reference to help me know what is coming next. Place the object in my hand and tell me what is going to happen

## How I communicate :



- If I want help I will give you the item I need help with e.g. video to be put on; crisps to be opened.
- When I am upset I cry or get angry
- I have a high pain threshold and have difficulty recognising where I am hurting when it occurs.
- I point to things I would like to have

## Places I like to go:

➤ Swimming



➤ Eating out



➤ Trampolining



➤ Bed



## Eating and drinking:



- ❖ **I need support with**
- ❖ Cutting up food
- ❖ I have to be reminded to use a fork or spoon
- ❖ I need reminders at times to only put the chew my food
  
- ❖ **Foods I like and dislike**
- ❖ Sometimes I play with my food taking it in and out of my mouth; this does not necessarily mean I don't like it.
- ❖ I like most food and drinks
- ❖ I enjoy a variety of textures
- ❖ I do not like fizzy or very cold drinks
- ❖ I do not have any allergies

## Things I can do for myself :

- Take myself to the toilet, as long as I know where it is.
- Feed myself but I need prompts to hold my fork

## Things I can do with supervision or physical help :

- Washing my hands and face
- Do drawings



## Things I need someone else to do for me :

- Getting dressed
- Cutting up my food
- Getting in and out of the car

## Things I am good at and like:

- \* Going out for a coffee \* When my family visit \* Music videos \* Eating \*  
The seaside \* Parties \*  
\* Music \* Bowling \*

## Things I dislike/that upset me:

- \* Change of routine
- \* Big crowded places (Tesco's)
- \* Going for long walks
- \* Being hungry
- \* Pain
- \* Sudden loud noises
- \* Being hurried
- \* Lemon flavoured foods



## **My difficulties and how to help me overcome them:**

### **❖ I am distractible**

- \* At home I am using objects of reference to help me concentrate
- ❖ To help me co-operate more consistently when I have to do something using an object reference to reinforce what you are telling me.

### **❖ I am aiming to**

- \* Using pointing more consistently to get things. Please encourage me to do this more.

### **❖ I should be discouraged from**

- \* Being too noisy
- \* Putting things in my mouth