

Neuro-Affirming Communication and Sensory Passport for Autistic People

Created by Helen Edgar, Autistic Realms 2025

Name: _____

Preferred name: _____

Pronouns (please use these when speaking about or to me): _____

Date of birth: _____

Neurodivergence / Diagnoses / Health Conditions: _____

Learning or intellectual disability information: _____

Emergency contact(s): _____

Other personal info you want to share:

My Communication

I generally communicate using:

- ☐ Speech
- ☐ Intermittent speech
- ☐ AAC (Augmentative Alternate Communication)
- ☐ Writing / Typing
- ☐ Gestures / Expression
- ☐ Sign-Language
- ☐ I am Dyslexic (please support for reading and writing materials)
- ☐ English is not my first language, and I need an interpreter who can speak_____
- ☐ I am visually impaired and need_____
- ☐ I am hearing impaired and need_____

☐ My communication needs may fluctuate depending on context. Please always ensure I have access to AAC if needed.

Specific tools or apps I use (eg AI note-takers, captioning, or text-to-speech/ AAC device):

Check in with me about how best to share information; my preferences can change depending on my capacity and health

Give me time to respond; don't rush, assume, or try to finish what I am trying to express.

What helps most:_____

What to avoid:_____

My Sensory & Regulation Needs

Things that can overwhelm me: _____

Things that regulate or support me: _____

☐ I may need more movement, time to stim, or quiet time to regulate.

☐ I may not notice hunger, thirst, or pain until it's strong, or may not notice at all, gentle reminders may help or further support such as:

Socialising & Processing

☐ I need extra time to process and respond.

☐ I learn best through visuals, repetition, and real examples.

☐ Predictability and slower, gentle transitions help me stay regulated.

What helps me learn, socialise and process information:

What Helps When I'm Distressed

☐ Please reduce demands, noise, and sensory input.

☐ Speak calmly and give space.

☐ Allow me to use my own regulation strategies:

Strengths & Interests

☐ Time with my interests and passions can help me regulate

My interests and passions include:

Key Adjustments

☐ Accessible information

☐ Consistent staff or familiar people I trust.

☐ Flexible communication methods.

☐ Sensory-friendly environment.

☐ Trauma-informed and neurodiversity-affirming approach.

Other Information

This passport belongs to me. It helps others understand how I communicate and feel safe. Please always ask before sharing it.

I consent to this passport being shared with: _____

Date: _____

Next review due (This helps keep the passport current.): _____

Created with/by: _____

Signed: _____

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www.autisticrealms.com

