

# Information for school regarding parent/carer autism diagnosis to support with access

For the attention of:

Please treat as confidential and acknowledge receipt of this document.

*I am autistic and I am sharing the information below to request adjustments to help me access meetings and receive information from school about my child/children, in line with the Autism Act 2009*

Name:

Parent/Carer of:

Email:

Telephone:

Land Line:

Mobile:

## Preferred contact method:

I prefer to be contacted by (ranked in order of preference with 1 being ideal):

- |                          |  |         |                          |
|--------------------------|--|---------|--------------------------|
| <input type="checkbox"/> | Land Line Telephone                          | Ranked: | <input type="checkbox"/> |
| <input type="checkbox"/> | Mobile Telephone                             | Ranked: | <input type="checkbox"/> |
| <input type="checkbox"/> | Text Message                                 | Ranked: | <input type="checkbox"/> |
| <input type="checkbox"/> | Email  | Ranked: | <input type="checkbox"/> |
| <input type="checkbox"/> | Post   | Ranked: | <input type="checkbox"/> |
| <input type="checkbox"/> | In person at the school gate                 | Ranked: | <input type="checkbox"/> |
| <input type="checkbox"/> | Other - please specify: <input type="text"/> | Ranked: | <input type="checkbox"/> |

## Preferred communication method:

I prefer to communicate (ranked in order of preference with 1 being ideal):

<input type="checkbox"/>	Face to face using oral speech	Ranked: <input type="checkbox"/>
<input type="checkbox"/>	Face to face using augmentative technology	Ranked: <input type="checkbox"/>
<input type="checkbox"/>	Signed language/Makaton	Ranked: <input type="checkbox"/>
<input type="checkbox"/>	By telephone	Ranked: <input type="checkbox"/>
<input type="checkbox"/>	In writing - post/email	Ranked: <input type="checkbox"/>
<input type="checkbox"/>	In person at the school gate	Ranked: <input type="checkbox"/>
<input type="checkbox"/>	Other things you may need to know about my communication needs:	
<input type="text"/>		Ranked: <input type="checkbox"/>

Please always provide follow up notes in writing after any meetings

## Sensory issues which may affect me (add ticks and notes as appropriate):

<input type="checkbox"/>	<b>SOUND</b>	<input type="text"/>
<input type="checkbox"/>	<b>LIGHT</b>	<input type="text"/>
<input type="checkbox"/>	<b>TOUCH</b>	<input type="text"/>
<input type="checkbox"/>	<b>SMELL</b>	<input type="text"/>

Other things you may need to know about my sensory profile for access purposes:

**Being autistic can also affect me in the following ways** (add ticks as appropriate):

- Busy noises places are stressful and can impact on my concentration
- Bright or flickering lights are difficult
- I may need time to process information
- I may not look at you when you are speaking – this helps me to process
- I may need very detailed information
- I may need information to be provided orally
- I may need information to be provided in writing
- I may need time to respond

**Being autistic can also affect my** (add ticks as appropriate):

- social conversation
- time management
- short-term memory
- ability to multi-task
- ability to follow complex instructions
- ability to complete forms

**I also need you to know/would like to request:**

Autism is a lifelong developmental condition that affects the way a person perceives the world and interacts with others.

Autism is often referred to as a spectrum: all autistic people share similar difficulties but are affected in different ways and to differing degrees. It is important to remember that each person will have their own strengths and challenges.

Autism affects the way a person:

- Communicates and interacts with others
- Experiences their senses
- Thinks and behaves flexibly

Therefore, understanding and relating to other people, and taking part in everyday family, work and social life, can be more of a challenge for autistic individuals.

With the right support, understanding and adjustments autistic parents can work together with school and build positive relationships in order to achieve the best outcomes for the child.

Useful resources: [www.autismwestmidlands.org.uk/online-resources/](http://www.autismwestmidlands.org.uk/online-resources/)

The National Autistic Society's overview of the Autism Strategy and The Autism Act 2009:

<https://www.autism.org.uk/about/strategy/overview.aspx>

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**Our vision is a world where autistic people are universally understood and accepted as equal citizens.**

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