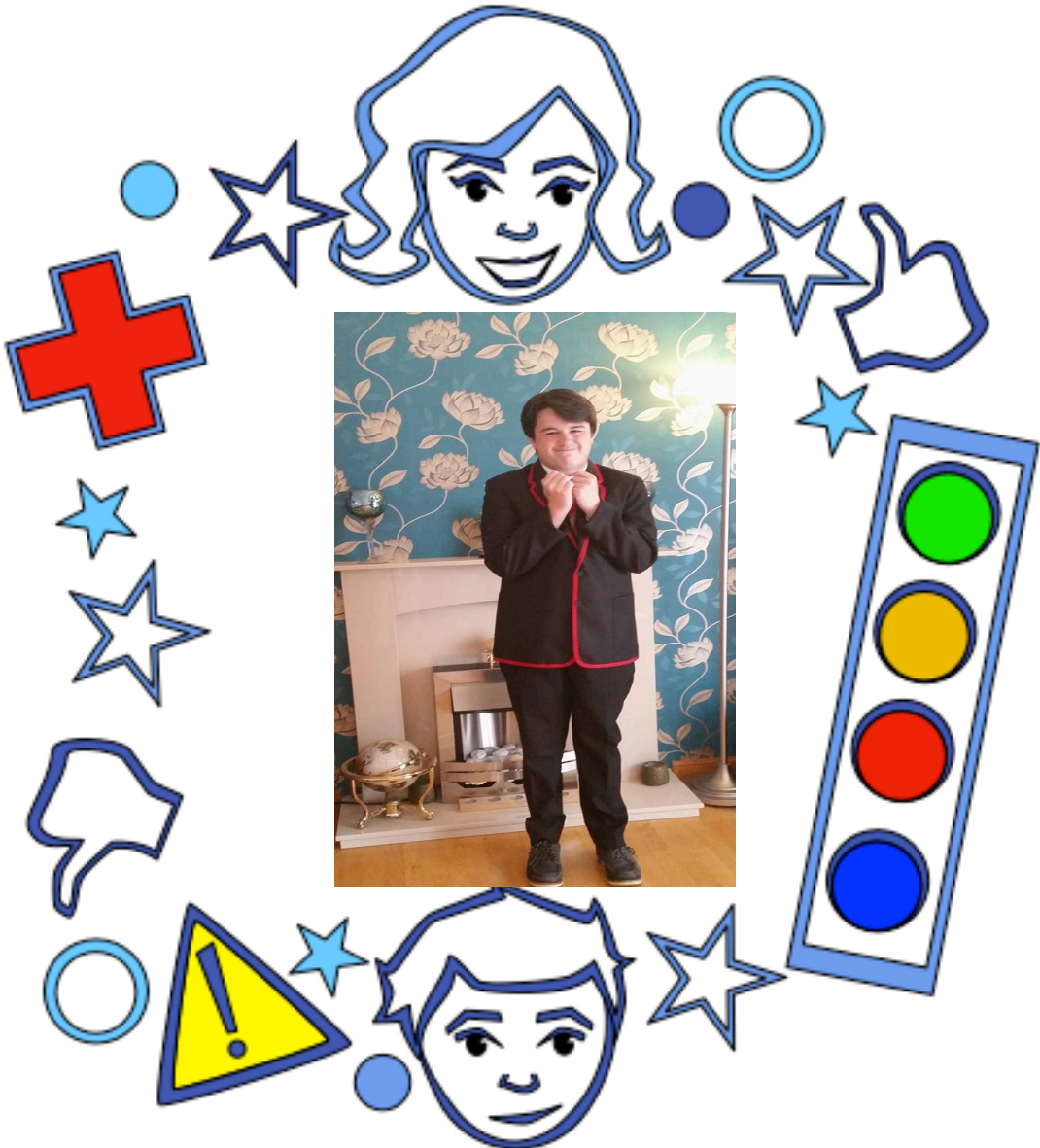


Communication Passport

Calum Morrison



Communication Passport



Hi! I'm Calum. I'm 16 years old.

Welcome to my communication passport.

I hope that you'll find the information in here helps you to understand who I am and how you can best support me and enjoy our time together.

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- Diet & Eating Habits
- Personal Care & Hygiene
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- Thankyou



Emergency Contact Information

Mum

Dad

Brother

Sister

Home Address:



Current Medication



Time

Medication

Administration

8am

10pm

10pm

Notes:

I'm very good at taking my medication, I'm happy for you to give it to me with a drink of juice. I'm not sure how many tablets I need to take so its best if you make sure I am having the correct dose. Thank you.

My Diagnosis

I have Epilepsy, Cerebral Palsy, I am also on the Autistic Spectrum, and I have Sensory and Communication difficulties.

I have electrical activity all over my brain, all of the time. I can have seizures at any time with no warning.

I have complex partial and tonic clonic seizures. Complex partial seizures (Absences) happen with no warning, I may be sitting or standing and walking around. Watch out for one side of my mouth twitching. I am unaware of this and I will need your help. Please stay with me until it passes. Sometimes my speech is affected. I need time and patience when this happens.

During a Tonic Clonic seizure, I usually get a warning, but not always. If I know a seizure is coming I will tell you. Please make sure I am safe and lie me on my side until the seizure passes. I get very hot and sweaty during seizures, so if you can, loosen my clothing and help cool me down if possible. Sometimes I am sleepy afterwards, so if I am, please let me sleep till I recover.

My Diagnosis/About Me

I am on the Autistic Spectrum, but I am not typically Autistic. I don't insist on routine, and I don't have a problem with changes. I do struggle with social interaction, so it would be good if you could help me mix with others.

I have an amazing memory for dates and I also love movies. My favourites are Disney Pixar and Marvel. I love to talk about movies and TV Shows I've seen. I also use a social story website called Go Animate and you will hear me talk a lot about the characters Eric and Kimberley.

I'm sorry if I keep talking about the things I love, I just love sharing the things that excite me. I hope that we will have a lot of fun together and you will see just how amazing I am.

I have Cerebral Palsy, and although I am mobile, my legs get sore if I have to walk a long distance, so let me rest please if I am tired.

Communication

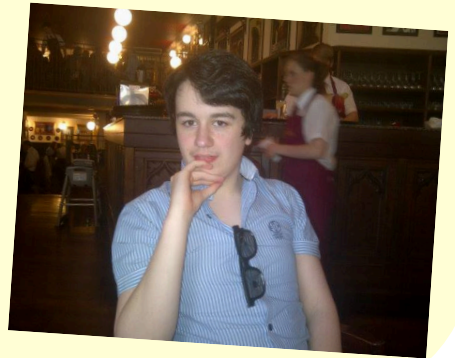
I speak very clearly, but I struggle with conversations. I prefer to talk about things that I like to talk about, so please encourage me to focus and engage in other topics. Sometimes, I cant find the right words I need to say so I will use the nearest word I know instead.

Please do:

Give me need extra time to think about what you've said.

I struggle with complex sentences. Sometimes its better if you write it down for me or break up large chunks of language into smaller bites I can understand

Sometimes if I am upset and I can't get my words out, I prefer to write them down.



Its good to have pens and paper handy so we can write things down for each other!

Communication

I hope that these pages help you to get to know me so you can understand me & the way we can communicate with each other.

Please don't:

Overload me with lots of questions or complex instructions

Assume that I understand everything you say just because I have lots of verbal language

Shout at me or use negative language/swearing.

Push pictures at me in an attempt to communicate unless the words are there too.



Communication

I get mixed up with “me”, “you”. I have my own word for me and you, its “mer”

I have a good level of understanding but its not age appropriate so I don't always understand what you mean when you speak to me.



I have good eye contact

Please don't say “listen to me” or “listen”. That word annoys me.

Definitely do not tell me to “shut up” or “that's enough”

I'm getting better at answering questions, but I don't always give you the answer you're expecting and I often don't answer at all.

I try hard to communicate, please bear with me.

Verbal Communication

There are common expressions I use that do not mean what people might think they mean.

What I say:

What I mean:

I will often ask you a question when I really mean I want to do something or I'm making a statement

Eg. "Do you want to go swimming?" means "I'd like to go swimming"

"Its not good to pee on the floor" really means "I need the toilet"

"You don't want a McDonalds" means "I'd love to go to McDonalds!"

"I don't know what that tastes like" really means "I'd like to try some of that please!"

I'm loud! I don't think God gave me a volume button but that's part of my charm!

Verbal Communication

I'm always chattering away about movies and TV shows I love. I like being "loud and cheesy" I also love talking about You Tube and Go Animate

Go Animate is a social story website where I can make my own animated videos.

I like smiley people who are kind and funny. I love to laugh and joke with people.

I'm better in small groups. If someone new joins the group and they are nice to me and not threatening in any way, I am happy to accept them.



In larger groups when there are lots of conversations going on at once, I find that difficult

👍 Keeping me safe 👍

A
L
E
R
T

W
A
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N
I
N
G

I must have someone with me at all times to keep me safe

I might have a seizure. if we are walking downstairs, please go in front of me, if we're walking upstairs, please go behind me in case I fall.

I am impulsive!! I'm not a runner but please take extra care near roads as I might walk into the road without realizing I'm doing that.



Please come to the toilet with me, its ok to wait outside the door, but its safer to stay close by in case I have a seizure.

Please don't cut corners – it can put me in the..

Danger Zone

Sensory Profile

If things get too much for me, I will often put my hands over my ears or my eyes.

I'm not violent or aggressive, but if I am struggling to cope or I cannot communicate using words, I can become upset. This is usually because I am unable to function at my best.

Sometimes this is seen as challenging behavior when its really just my way of communicating my frustration or sensory discomfort. Please do not try to restrain me or use any kind of physical contact, this makes me very frightened. I am ok with a comforting gesture.

Please be patient with me, try to keep verbal language to a minimum. I don't mind reassurance, and it helps me to write down what's bothering me.

Please don't overload me with questions and its best if you don't make any demands of me when I am struggling to cope.

Sensory Profile

I love my house bunny Harvey. He is nearly 5 years old and is a sooty fawn lop. He is very soft and fluffy. I love to stroke him and he gives me bunny kisses.

I have great hand eye co-ordination, but poor fine motor skills. I love soft fleece and am happiest in my PJ's!



My bunny Harvey!


I'm good at saying "NO" so you' always know when I am not in the mood for being co-operative.

I'm not fond of loud noises, whistles or bells and I don't like flashing lights. It hurts my ears and hurts my eyes.

I really find the sound of the hoover or machinery like lawn mowers etc a big problem. I'd rather you didn't do that while I'm around, thank you.

Things I Like

(Mood & energy depending)



I LOVE my Blu Ray
and DVD collection

I LOVE making my
own animations
on Go Animate.

SWIMMING

Going to the Cinema

Being at home

Going to the
Theatre

Playing Disney Infinity
and Minecraft on PS3

Going on days out
with family & friends



Go!Animate

Things I Don't Like



The Words “stop it”
“shut up” or
gesturing to stop.
Swear words.

Too many people in
one room,
particularly toddlers

Aggression /shouting

Sports (except
swimming and
basketball).

Noise/smoke, Flying
Insects, Dogs.

I really don't like threatening body language & an aggressive tone of voice. When I am having a difficult time. I respond much better to a calm approach.

If I am worried or anxious, you will soon know about it!

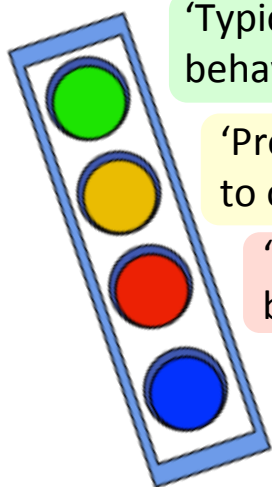
Behaviour Support Plan

My challenging behaviour usually has a function.

I am letting you know that something is wrong: my needs are not being met, I am unhappy, or I am in pain.

To help my carers understand my communications through behaviour, We use a traffic signal analogy.

If I'm hungry, thirsty, in pain or feeling dizzy, sometimes I can't find the words to tell you, so you may notice I am more irritable than usual. If someone has said something to me I don't like, I can become upset.



'Typical behaviour' (Green)

'Problems are about to occur' (Amber)

'Challenging behaviour' (Red)

'Calming down – but remain cautious, could slip back into Red' (Blue)

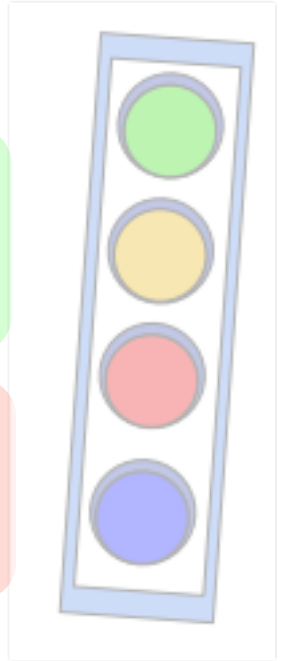
These signs can be subtle, please take the time to read on to find out how to recognise & react to them.

Example behaviour causing risk to self, others, & property:

- I may grab your arm
- Hitting (very rarely)
- Pushing (You're too close)

Behaviour Support Plan

Different types of strategy



Proactive:

Ask me to write things down if I am upset
Distract me by offering another activity.
Use Humour/Talk about movies

Reactive:

Stand back and give me Space, leave me
to calm down by myself.

Reactive strategies are not a time to teach new skills.

The following pages will describe proactive & reactive strategies for each traffic light phase, as well as a description of the defining behaviours.



Please remember:

Physical intervention should always be the last resort. This frightens me and will escalate things.

If there is any use of physical intervention, a meeting will be arranged to discuss how I ended up in this situation.

Behaviour Support Plan

Setting Events

I am actually very well behaved. If my behavior changes, there is always a good reason for this.

A setting event is anything that increases my level of anxiety or unease, making everything else a bit harder to cope with.

They can be **inside** events (pain, fear, anxiety) or **outside** events (noise, people, change).

They might have happened recently: e.g. a bad experience such as a hospital trip, or not getting enough sleep last night.

Or they might be currently happening: e.g. the lights are too bright, the room is too noisy, I don't feel very well.

Setting events build up over time. As they accumulate, the more likely I will display challenging behaviour in response to triggers.

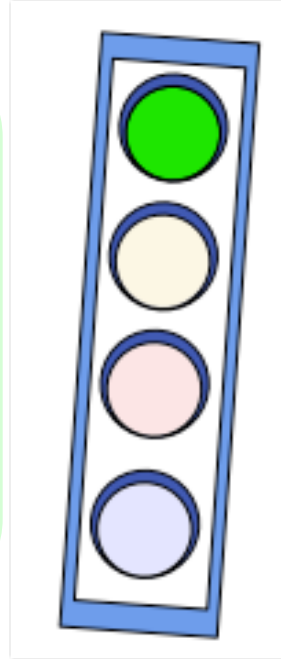
Because of this, never assume that because I've enjoyed an activity one day, I'll be happy to do it the next.



Proactive Plan – Green Phase

Behaviours:

- ✓ Chatty, relaxed.
- ✓ Smiling with others
- ✓ Enjoying being with people
- ✓ Talking about movies or Go Animate.
- ✓ Having a joke with you
- ✓ Laughing. I'm usually very happy!
- ✓ I'm always loud and cheesy!



Positive Support Strategies

Here you will want to describe all the things that keep you in the Green phase.

For example:

- ✓ Keep me focused and on task.
- ✓ Make sure I am free from pain (I sometimes get sore legs or dizzy from seizure activity)

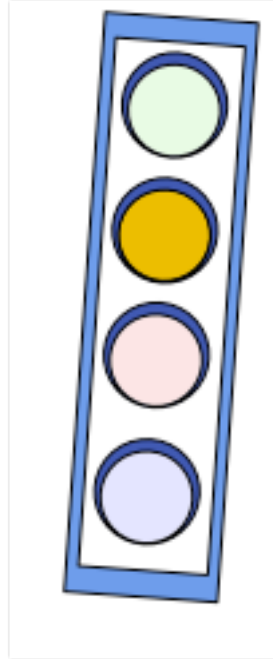
Tips

- Keep me informed
- Make sure I'm not thirsty or hungry, too hot/cold
- Avoid the use of stop/no. Use "not right now" or "later" instead.
- Make sure everyone has read my passport

Active Plan – Amber Phase

Behaviours:

- I get anxious
- Less chatty, more shouty!
- I might make some funny low noises
- I'll tell you I'm not happy



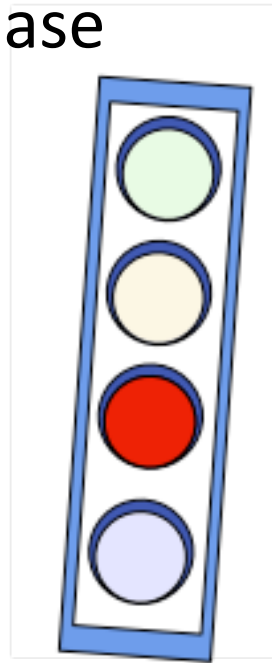
Positive Support Strategies

- ✓ Ask, "What's wrong?"
- ✓ Distract me with a task I like; e.g. "Let's go and watch a movie..."
- ✓ Offer choices (no more than 2)
- ✓ Offer me the chance to do something else/Go somewhere else
- ✓ Ask me if I'd like to write down what's bothering me

Reactive Plan – Red Phase

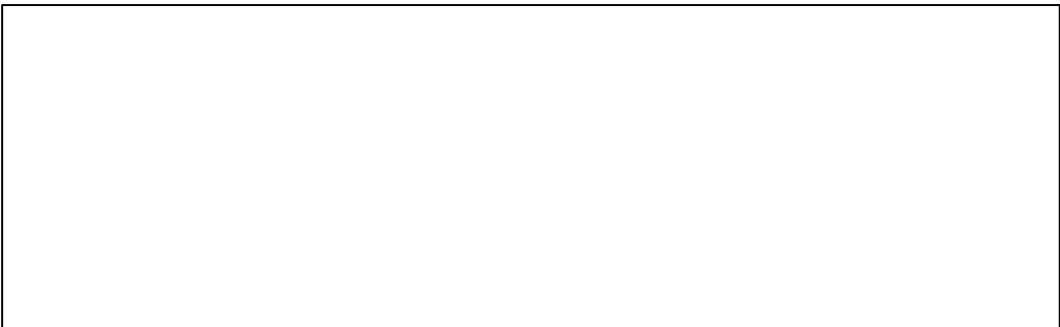
Behaviours:

- Shouting
- If you get too close I might grab you
- I don't mean to hurt you
- I'll tell you to stay away from me
- It takes me a while to Calm down, if you've upset me, its best you leave me alone.



Positive Support Strategies

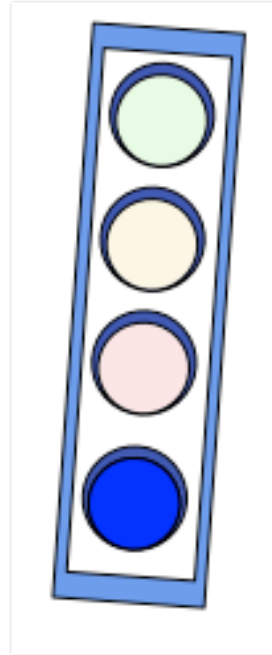
- ✓ Reassure me
- ✓ Do not make any demands of me
- ✓ Give me as much space as possible but keep me in sight



Post-Reactive Plan – Blue Phase

Behaviours:

- I like time & space to myself?
- If I was really upset, I might be really hot and flushed.
- I like reassurance. I usually try to remember to apologise.



Positive Support Strategies

- ✓ Allow me time in chill out area; I will come out when I'm ready.
- ✓ Show empathy – Let me know you understand that I was upset.

Important

After any incident my family should be informed & a meeting should be arranged with all those concerned. If I have been in a Red Phase, it's important to learn how it happened so that it can be avoided if possible in the future.

Challenging Behaviour

My challenging behaviour usually has a function:

Examples:

Seizure
Activity

Frustration

If I am trying to do a task that is too complicated or overwhelming for me, I may hit out because I cannot cope & wish to be removed from the situation.

I use my behaviour to get more control over my circumstances.

When things are too noisy or too loud, I will get anxious & more likely to become upset.

OTHER EXAMPLES

- Communication/comprehension difficulties
- Change in routine/events
- Special events (hospital appointments, dentist, parties, etc.)
- Ill health, lack of sleep, hunger, thirst.
- Choice – too little

Diet and Eating Habits

Because of sensory difficulties I can only tolerate certain foods. I know what I like and I will tell you.

I don't like "wet" food! Including puddings, sauces, beans, custard, yoghurt!



When I have something I like, I usually eat it all.



Ask me how I want the food on my plate, I generally have one plate for each food.

I can't use a knife and fork well
Please help me to cut up my food
If I use my fingers, please don't chastise me, it's easier for me!

What are some of your favourite foods?

- Chicken Breast
- Sausages
- McD's Chicken
- Apples
- Nuggets
- Chips/Fries
- Pizza
- Pancakes

Personal Care & Hygiene

I'm a teenage boy! Hygiene sucks!

I can toilet myself but need help after a bowel movement. I forget that other people are around and sometimes in my rush to go the toilet I start undressing on the run! Oops!

I have a bath each morning, I don't like the sensation of a shower.

I need someone to wash & dry my hair

I need help to shave and brush my teeth, but I don't like minty toothpaste, please use the fruity one instead thank you.

I'm not good at choosing outfits to wear, please help me by suggesting appropriate clothing given the weather conditions and activity I'm doing

Brushing my teeth isn't my favourite

I'm not good with buttons. Please help me. I can undress myself. I cant do shoelaces or belts .

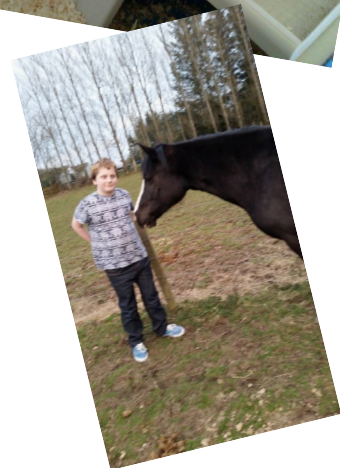
My Family

Here are some of
the people I love

My mum and dad,
my brother
Fraser, my sister
Paige and
Rohanne who is
my sisters friend.

My bunny Harvey
and my best
friend Oscar

My Cineworld
unlimited card too
which lets me go
to the cinema
whenever I want
to go!





Thankyou for
reading my
communication
passport.

I hope it has helped
you get a better
understanding of
who I am and how
you can support me

I hope we can have
lots of fun together.

Calum