

My Communication Needs

01 How I communicate best

There is no single right way to communicate.

MY COMMUNICATION PROFILE

Different settings may call for different approaches.

Tick, circle or annotate the options that feel useful to you.

Ways I prefer to communicate

Speaking

Writing / email

Messaging

Visuals

Sign / AAC

Other

When communication feels easiest

Think about timing, setting, people and pace.

What I wish others understood

My style is valid even when it differs from theirs.

My Communication Needs

02 Processing, pace and clarity

Explore what helps you take in and respond to information.

GIVE YOURSELF TIME

Needing time, repetition or written information is reasonable.

What helps me understand information?

Short clear steps

Written summary

Examples

Extra time

One topic at a time

Quiet space

Things that make processing harder

For example: interruptions, jargon, background noise.

A useful request I could make

Write a sentence you could use with someone.

My Communication Needs

03 Sensory and emotional signals

Notice when communication becomes tiring or overwhelming.

MY EARLY SIGNALS

Communication needs may change with energy and stress.

My communication energy today

Low

Building

Steady

Tired

Overloaded

Signs I may need a pause

What do I notice in my body, thoughts or speech?

What helps me reset or feel safe?

Consider breaks, reduced input, or an agreed signal.

A pause is a communication strategy, not a failure.

My Communication Needs

04 Boundaries and helpful adjustments

Turn your needs into clear, practical requests.

WHAT SUPPORT LOOKS LIKE

Support can be simple, specific and different for each person.

What I need before a conversation

For example: agenda, notice, preferred format.

What I need during a conversation

For example: no interruptions, captions, extra time.

What I need afterwards

For example: written actions, check-in, time to reflect.

My Communication Needs

05 My communication needs plan

Create a practical summary you can keep or share.

MY COMMUNICATION AGREEMENT

Choose what you want others to know; sharing is your choice.

I communicate best when...

My preferred ways, pace and environment.

Please support me by...

Three specific actions that would make a difference.

If I become overwhelmed, please...

A signal, pause or alternative way to respond.

I can revisit this plan as my needs or circumstances change.