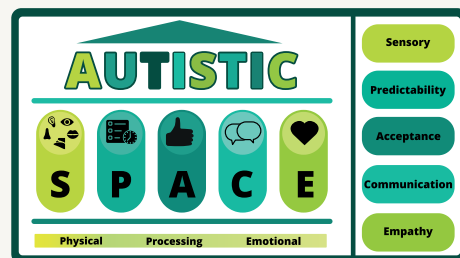


What do I need?

Ideas to choose from, if you're looking for inspiration. Tick what you recognise. Then write what you choose in your own words in your SPACE passport.



1 Read the ideas. You don't need them all.

2 Tick what fits you.

3 Write the most important ones in your SPACE passport.

4 Take your passport with you. This list stays at home.

These are just a few examples. They're here to help you get started. Don't recognise yourself in them, or thinking of something else? Then your own ideas are just as valid. You know best what you need.

S Sensory

Light, sound, smell, taste, touch, temperature, your own body

- ☐ Bright or flickering light (fluorescent, screens) is too much.
- ☐ I like to decide how loud music or the TV is.
- ☐ Taste and texture matter, also for medication.
- ☐ I feel pain, hunger or tiredness differently from others.
- ☐ With background noise, I find it hard to follow a conversation.
- ☐ Don't touch me without warning. Firm touch is often easier than light touch.
- ☐ Strong smells (perfume, air freshener, cleaning products) are too much.
- ☐ I actually need input: moving, fidgeting, something in my hands.

P Predictability

Knowing what's coming

- ☐ I want to know beforehand what, where, when and with whom.
- ☐ Preferably the same, familiar people who know me.
- ☐ My routines matter. Please take them into account.
- ☐ An activity with a clear beginning and end.
- ☐ A photo or map of the place helps me.
- ☐ Something changing? Explain clearly what and why.
- ☐ I need time to switch to something else.
- ☐ Waiting is hard. Preferably somewhere quiet, e.g. outside or in the car.

A Acceptance

Being able to be myself

- ☐ I may communicate in my own way, also without words.
- ☐ Room for how I do things: moving, no eye contact.
- ☐ Look at the environment too, not only at me.
- ☐ No pressure to speak, even if you know I can.
- ☐ If I get upset, something in the environment is often not right.
- ☐ I may ask the same question again or want lots of detail. That helps me.



Communication

How I say things, and how I understand them

I prefer to communicate by:

- | | |
|--|---|
| ☐ Speaking | ☐ Writing or typing |
| ☐ A tablet, app or AAC (augmentative and alternative communication) | ☐ Gestures, pictures or pointing |
| ☐ Tell me exactly what to do, and when to come back. | ☐ Open questions stress me. Offer choices instead. |
| ☐ I want a say in how the conversation goes. | ☐ Give information on paper too, or with pictures or gestures. |
| ☐ Phone calls are hard. Email or text works better. | ☐ Give me time to understand before I answer. |
| ☐ Some words or remarks upset me. Please avoid them. | ☐ Under stress or overload, speaking sometimes doesn't work for a while. |



Empathy

Understanding each other, in both directions

- | | |
|---|--|
| ☐ Ask me. Don't fill in for me. | ☐ Check together that we understood each other. |
| ☐ Sometimes I feel a lot of empathy. That can be overwhelming. | ☐ My face doesn't always show what I feel, not even pain. Ask me. |
| ☐ When it gets too much, I withdraw to a quiet place. | ☐ I calm down by talking to myself or by moving. |
| ☐ Don't put me in the spotlight afterwards. | ☐ Give me time. I'll explain later. |

The space I need

Physical

- ☐ A quiet, low-stimulus place
- ☐ Keeping some distance
- ☐ Being able to step away
- ☐ Being able to watch from a distance

For processing

- ☐ Time to think
- ☐ Don't repeat your question straight away. Then I have to start over.
- ☐ Time to process a change
- ☐ Am I quiet? Ask if I'm still thinking

Emotional

- ☐ When it's too much: few words, no touch, some time alone
- ☐ Choices without pressure
- ☐ Feelings are allowed
- ☐ Agreeing beforehand what we'll do if it gets too much



Done? Put it in your SPACE passport

Choose what matters most to you and write it in your own words in your passport. Things that aren't on this list belong there too. You take the passport to an appointment, school or work. This list can stay at home.

What's true today may be different tomorrow. Feel free to come back to this list.