

Autism spectrum and affirming support

My Participation Preferences and Supports

Adults and teens 13+ | 10 to 15 minutes

You can identify useful supports whether you have an autism diagnosis, are exploring assessment, or are discussing access needs. Choose one setting where participating is tiring or difficult. Focus on the conditions that help you communicate and take part, not on appearing more like someone else.

Choose one setting. Use speech, writing, drawing, or a communication system to describe your preferences and a possible adjustment.

Describe access needs

Consider sound, light, predictability, processing time, breaks, and how information is presented. Include what is enjoyable or already works. For example, receiving questions in advance may make a meeting easier to join.

Keep control of the request

Decide what you want to share and with whom. Ask for one change and a way to review whether it helped. You do not need to offer eye contact, suppress harmless movement, or disclose more personal information to use this page.

1. Where would I like participation to feel more accessible?

2. What communication or sensory conditions help or hinder me?

3. What specific adjustment would I like to request?

4. What will I share, and how will I judge whether the change helps?

Clinical use and adaptation

Individualize with the person and their chosen supports. Do not infer diagnosis, prescribe masking, force eye contact or speech, or remove communication tools. Consider qualified assessment when wanted or indicated. These pages are not autism treatment; younger children require developmentally tailored support.