It is well documented that Bob needs supervision. He has always had one-on-one supervision at home, school and in the community. Individuals with autism have what’s called “Social Blindness”. Bob can very easily get himself in an inappropriate social situation that could cause him a lot of trouble if he is not supervised. So it is very important that wherever Bob is, the environment is safe for him to be in. He cannot be left alone and needs to be supervised when he is around others, especially small children and young adults who might not understand his behavior. Always let Bob know that it is NOT socially acceptable when he is doing something inappropriate. This needs to be reinforced & reminded when he’s in an environment he is not familiar with.

Here are some things Bob would like you to know about him:

1. **Short Clear Phrases:** I have a different processing system so it might take me longer to process things that are being said to me. It is better to use short simple phrases when talking to me. Sometimes things have to be broken down for me to understand. PLEASE allow me time to process what you’re saying to me. I am a visual thinker, so writing things down or seeing pictures really helps me understand things better.

2. **Self-Talk:** I have a hard time with expressive language, so I don’t talk very much. However, sometimes I will self-talk. Self-talk occurs when I am bored, nervous/anxious, or am having a hard time focusing on what I’m doing. When my self-talk becomes distractible to my communicating with you, try commenting, “about what I’m talking about”. This helps me re-focus and realize that I’m talking out loud.

3. **Recognizing when I’m having a problem:** I might warn you when I’m having a problem by biting my hand or grabbing your hand/arm and squeezing it. Problems can occur when I don’t understand what is being said to me, or if I’m having a hard time with what I’m doing. I can also have problems if someone does not allow me enough time to “process” the information I’m getting or is too close to me. I need my space. I don’t mean to hurt anyone. This is one way I communicate that I’m having a problem.

4. **Transition Warnings:** Always give me a warning when something is going to change. I NEED to know when I should start something and when it will end. Using a timer or watch is VERY helpful to me. I also do very well if I have a written schedule of what my day will be like. Please let me know as soon as possible if there is a change to my schedule. I’m just like everyone who depends on a daily planner.

5. **Sensory Issues:** Because of my sensory issues sometimes, loud noises, smells, or too much visual stimulation will bother me. I might have a hard time being in one place for a long time. Try not to crowd me, sometimes I need time away from everyone. If I want to be with someone, I’ll stay. I might give you a warning that you are too close by squeezing your arm, grabbing your hand, or just walking away. Some of these issues have gotten much better as I get older.

6. **Social Interaction/Peer Modeling:** Social skills issues sometimes make it hard for me to do the “right thing” socially. This can make it difficult for me to make friends and keep friends. I really can be a fun person to be around once you get to know me. I enjoy most of the same things people my own age do. And I learn best by watching the people around me.
7. **Choices:** I often say “YES” to everything, so **PLEASE** make sure I clearly understand and that the choice I make is what I really mean. Try to give me choices when giving me tasks or activities to do during my day.

8. **“One more then break” strategy:** I sometimes will need to take breaks during my day. When I get stressed or overwhelmed you might say something like “Lets finish this first and then you can take a small break”. Small 2 to 5 minute breaks help me regroup.

9. **Encourage Independence:** I really just want to feel like everyone else. Eating lunch with my peers, walking down the hallway by myself, and going to the bathroom by myself are some the things I would like to try to do more often. I also would like more interaction with other people my age. However, I need help with doing all of these things. And because of my “Social Blindness” my safety could be an issue.

10. **Personal Care Assistant:** I have a personal care assistant named Max who has been working with me for about 4 or 5 years. He lives with me at my home to help me with daily living skills and going out into the community.

**Other things to know about me:**

I can’t be forced to act like everyone else, **“I have Autism”**
I’m not stupid or a baby, I just learn different than most people.
I attend classes once a week at Santa Fe Community College call “Adults with Disability Program”.
I would like to go to college one day to study “Graphic Design”.
I would someday like to work at a theme park.
I love theme parks. Universal and Island of Adventure are my favorites.
I am very good on the computer. I enjoy surfing the web, YouTube, and playing computer games.
**I have a strong fascination with “Printing” and “Happy Tree Friend” that can sometimes be problematic.**
I enjoy listening to most any kind of music.
I like to go out to eat. Some of my favorite places are Applebee’s, Chili’s, and TGI Friday’s. I also like Subway, Burger King, and Wendy’s.

**Most of all I am like any other 18 year old and really want people to treat me that way.**

**Other Information:**
I share a home with my mother, Sally. She works at the hospital. She can be reached at xxx-xxx-xxxx.