



IRELAND'S AUTISM CHARITY

# AsI Am Visual Guide

In all child and teenager groups offered by AsI Am, a preparatory visual guide is shared in advance of the group. The aim of these documents is to build in as much certainty and predictability as possible for the child and young person by describing and showing the physical, sensory and social environment, as well as providing concrete, factual information about what will happen in the situation, and removing ambiguity.

By acknowledging and indeed answering the 'what will it be like' and 'what if' questions a child may have, we can reduce anxiety in the run up AND during the event, and we can also support a young person's organisation and executive functioning in preparing for an event. We also facilitate their focus to be on participating in the event, rather than processing and problem solving a completely novel environment. Finally, the provision of a visual guide to a young person and family signals an organisation's understanding and respect for that person, and the significant extra barriers they may face in participating in the event.

AsI Am, Ireland's national Autism charity, has prepared this visual guide template for use by any group or organisation who strives to improve the accessibility of their event for children and young people. The language and examples given within the guide require adaptation to the communication, cognitive and literacy needs of the children in question, and the context of the event.

# Welcome To

**Put in picture of  
location here**

**Place To Be : GROUP Name**

This document is a guide to what will happen at this week's  
AsI Am X Group.



**Where?**

Write name of venue here



(Insert Person) will be there to greet you...

**Put in picture  
of facilitator  
here**

Because this group is not for adults, your  
parents/guardians will leave and come to pick you up  
when the group is finished.





You will also meet the other kids who will be joining the group. (Insert maximum number of kids in group)



What will happen in the group?

*First*



(Insert Person) and the other adults will welcome you to the X group

*Next*

(Insert detailed description of activities)

(Insert picture related to activities)

(Insert picture related to activities)

(Insert picture related to activities)

## Last

We will say goodbye.



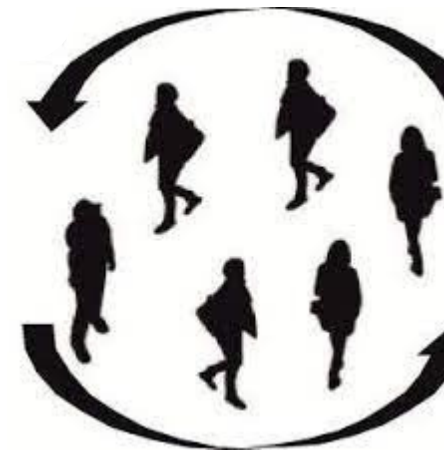
## The 'What If's'

### Feeling worried

If something or someone has made you feel worried or anxious, you can ask to speak with (Insert Person) about it. If (Insert Person) or one of the other adults has made you feel worried or anxious you can speak to your parent or a trusted adult.

### Moving around

You can move around the room and stim whenever you feel like it. You do not need to ask to do this.



# Fidgets & Ear Defenders

We will have some fidget toys and ear defenders from AsI Am.  
You can also bring your own.



## Drink

There will be water available. You can also bring your own cold drink



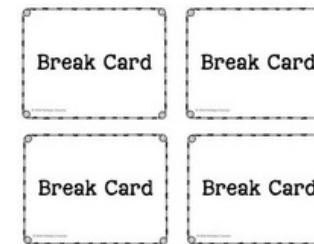
# Toilet

If you need to use the toilet, you can tell (Insert Person) or one of the other adults you need to use the bathroom and go.



## Break

If you need a break, you can ask (Insert Person) or one of the other adults if you can go on a short walk around the building. There will also be 'break cards' so you do not need to speak if you do not want to. You can show an adult one of these cards and they will walk with you.



## Phones

You can bring your phone to the meet up group if you want to. We understand that it is important to have your phone with you. We always have ours too! We ask that you do not take any photographs/videos or use social media or gaming sites for the duration of the group.