



Physical Activity Passport for person with Autism



Physical Activity Passport

Name:

I like to be called:

My interests are:

If you have a communication passport/folder please bring it along. We can incorporate it into the sport/session.

I prefer to communicate:

Verbally	☐
Visual Aids	☐
Communication boards	☐
Voice Output Communication Aids	☐



If you need to know more information please call the following:

Name:
Phone Number:



I have sensory reactions to:

	UNDER sensitive	OVER sensitive
Light	☐	☐
Noise	☐	☐
Touch	☐	☐
Smell	☐	☐
Taste	☐	☐
Body Awareness	☐	☐
Movement	☐	☐
Internal Organs	☐	☐

Areas that may be difficult for me include:

Balance, coordination, sense of direction	☐
Concentration, following complicated instruction, multi-tasking, short term memory	☐
Social conversation, speed of responding	☐



Please provide more information on any of the above:



Factors that affect my ability to do certain tasks in sport:

Busy/noisy places are stressful	☐
Being with others is tiring	☐
Bright or flickering lights upset me	☐
I cannot read body language	☐
I don't understand metaphors or figures of speech	☐
I get anxious with people I don't know	☐
I need time to plan what I am doing	☐
Changes of plans make me anxious	☐
I cannot easily switch between tasks	☐
I get confused with too much information	☐
I find it difficult to work under time constraints	☐
It's hard for me to be brief	☐



When I get upset, I may:

Get very agitated, loud and upset (behaviour)	☐
Become passive, pre-verbal and may appear to go to sleep (shutdown)	☐
Get verbally or physically aggressive towards others and/or myself	☐
Make noises	☐
Become unable to speak coherently	☐
Seem extremely bad tempered	☐

Other



How to help, if I get upset:

Provide me with space and time to calm down	☐
Talk quietly and give me simple instructions	☐

Other



About Autism

Autism is a condition which impacts on how a person communicates and interacts with others. It also affects how a person makes sense of the world around them.

Usually people with autism have difficulties developing friendships and understanding what other people are thinking and feeling.

Autism is much more common than many people think, and autism can be a hidden disability – you can't always tell if someone has autism. The right support at the right time can make an enormous difference to people's lives.

Generally, people with autism have high anxiety levels, have a resistance to change and may have obsessions with certain objects or topics of special interest to them. Some people with autism also have an intellectual disability. In this manual we use the term autism to describe people on the full spectrum of Autism Spectrum Disorders (ASD) which also includes Asperger's syndrome.

“ People with autism are people who just think differently. ”

Dr. Susan Crawford





Active Disability Ireland believe that people with disabilities should have an equal opportunity to be active for life! That's why we remain committed to helping to build a more inclusive society where collectively we can help to empower, encourage and support people with disabilities to be more active with whom they want, when they want and where they want!

With the help of Sport Ireland, National Governing Bodies of Sport, and Local Sports Partnership, we provide information, training, support, and advocacy for the rights of people with autism to access sport and physical activity so that they can lead an active and healthy lifestyle within their community.

Our Vision

To create an Ireland where people with disabilities have equal opportunities to be active.





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