My name is Timothy, I am 12 years old and live in a residential care home, my primary carer is Jed Brown – he’s been my PC for 3 years now and we get on really well! My main aim for writing this profile is for you to understand me the best you can. I look like every other kid but often have so much going on in my mind and this causes me to behave in ways that can be very different to other kids. Before living in residential care I had a few really hard years with some emotional trauma but I’m doing really well now.

Please read on to learn ***About Me***

This information is a guide to helping me have the best day possible and is accurate at the time you have received it. Please communicate regularly and assist in information being up-to-date.

Name: Timothy Clark

Age: 12 DOB: 24.6.2004

Primary carer’s name: Jed Brown

Relationship with primary carer:

Child Safety Case Manager

Contact: 04## ### ###

Photo

**My preferred activities, strengths, interests and motivators**

**Activities**

* Reading Greek, Egyptian and sometimes Roman historical fiction is a favourite of mine due to the amazing facts, reliability of the information and links to progression of human knowledge. I really like digitized books that have some images and like to listen to audio books at times.
* I also enjoy writing about Greek, Egyptian and Roman history as I can use the facts to create new theories of how we might have evolved in our understanding of the world around us. I write on a laptop (not a tablet) and really dislike writing with a pen or pencil on paper, although I do enjoy drawing images and scanning them into my laptop to use. I can get ‘carried away’ with my writing and not want to finish so agreeing with me on a period of time left e.g. 10 minutes, and setting a timer can be really helpful.

**Strengths**

* I am really great at reading; I prefer to read historical fiction, some teenage Sci Fi novels and factual information about astronomy. The newspaper intrigues me but some of the negative news, especially about natural disasters, can make me anxious. You can help me with this by ‘auditing’ the paper with me first and agreeing on what I shouldn’t read.
* One of my academic strengths is Math, particularly geometry. I think I am good at this because there is a clear logic to all of the answers plus you can see them and sometimes touch them to see the dimensions. I keep a digital book in which I write my geometry equations and formulas.

**Interests**

* I am very interested in the chronology of my favourite TV Sci Fi Series. I keep a digital book on them and can talk to you for a really long time about them. If I am stressed about anything then researching and organizing my digital book is a calming activity – just be careful not to interrupt me too much and give me some timed warnings that I need to finish soon.

**Motivators or Reinforcers**

* I am motivated by quiet praise, if you do this loudly I can get really embarrassed and it has the opposite effect.
* I enjoy and will work hard to have some time on any of my devices, remember I will need specifics about how long I am allowed to be on a device.
* I will try harder and be more engaged to solve an emotional problem when you give me logical information or speak in an objective manner. As soon as people use emotive language or get emotional when speaking I become anxious and will either become agitated or ‘switch off’.

**My disability**

I am differently abled due to autism, this affects me in a few ways.

**Socialising**

* I have difficulty socialising because I don’t understand subtle things about body language and facial expression and how they go with tone of voice. I know these things are important when someone is speaking to me because I have done some work with my psychologist around this. I think sometimes I try too hard to get it right and it bothers people. You can help me with this by giving me prompts about what others mean and simply being aware that this is really hard work for me.

**Change**

* I also struggle when things change unexpectedly, particularly changes in my daily routine when I don’t understand why they are occurring. You can help me by keeping me informed, providing some sort of timetable I can access easily, and including me in decisions about change as often as you can.

**Inflexibility**

* The most significant impact of autism on my everyday life is on my ability to be flexible and accept that things can’t always be as I would like them. I know that I can be more flexible when I am relaxed and am less flexible when I am stressed. At home if I am feeling really resistant my Mum and I try and work out what else might be stressing me out and deal with that first. You could try this with me also and remind me to do this myself when I can.

**Medication and Self Care**

**Medication**

I have medication and it is due at 10am. This medication is along term, slow release medication for my anxiety and as such should never be ‘skipped’ or stopped to ‘give me a break’. If anyone suggests this please refer them to my carer immediately. Please assist me in making sure the dosage and administration is correct and by only following the instructions on the prescription.

**Self Care**

I have no self care needs

**Communication**

**With me**

My main way of communicating is verbally. As I’ve already discussed, it is very important that others speak without sarcasm and remember that I take things very literally. I have a large vocabulary and speak really well, this doesn’t mean that I understand well. I get the content of language just fine but I am often trying to process so many social things like voice intonations and body language while I’m listening that it all gets too much and I only hear some things or misunderstand altogether. If you are unsure just ask “Is there anything you’d like to ask?” or “Are you unsure of anything happening right now?

**With Me and Others**

It’s great if you let Jed know everyday how my day has been – email is best and he’ll email you each morning

**Dislikes and Stressors**

**Dislikes**

* I don’t like it when people use sarcasm in their humour or when communicating in general. I am very literal in my understanding of language and, because of this, sarcasm confuses me. Body language and facial expression are often different in their meaning to the content of spoken language when people are being sarcastic so that really upsets me especially when I try so hard to ‘read’ people. You can help me with this by letting me know when someone is being sarcastic and helping them speak to me differently. Often saying, “Rewind, take two with no sarcasm” is a fun way to do this and not embarrass me.
* I can get quite agitated when others don’t follow the rules of games or the rules of the house/place where I am. Rules are there for a reason and when they are followed I feel like everything is in order. When everything is in order I can relax. The more stressed I am, the more people need to keep to the rules. You can help me with this by reminding others of the rules and tell them why they should follow them. Also, reminding me that occasionally rules are bent and it is ok for this to happen helps.

**Stressors**

* I can become stressed or anxious if people are dressed up in costume. This is only in real life – not on a screen. You can help me with this by warning me if you think there will be a character somewhere we are going. If possible show me who is inside – that really helps. If it happens unexpectedly then reminding me it is someone getting paid to do it often helps, help me calmly walk away from them if you can.
* If a thunderstorms occurs, especially a big one I get really stressed. There’s not a lot you can do other than taking me somewhere without windows (or dark surtains), turning on the light and allowing me time on my ipod with my ear buds in. Some cold water and explaining exactly what is happening helps a bit too.

Please note: Information about medication and medical care must be recorded using formal processes and the administration of these procedures should not be reliant on the above information

In addition to the above information I have a great sense of humour and really love making new friends. The best way for me to stay on an ‘even keel’ is to build a relationship with me and communicate as clearly as you can with both me and Jed.