**About Me Form**

**Purpose:**

This form summarizes important points that your doctor needs to know about you as well as provides a list of accommodations you may need in order to communicate effectively with the provider. Complete this form prior to your first appointment and give it to the provider during the visit. Think about a previous healthcare visit and the things that you wish the provider knew about you or provided you to help you feel more comfortable. Write these ideas on the About Me Form.

Please note: this form provides a great starting point, but, if desired, please adapt it to meet your specific needs.

**Directions:**

Think about past healthcare appointments an

1. Go to a location where you feel comfortable

1. Focus your attention on your body
2. For each body part pause and notice what sensations/feelings you are experiencing.
3. Label what you notice on the body outline on page 2.

**Helpful Hints:**

* When doing this exercise feel free to sit, lay down, stand, pace, etc. when completing the Body Check Form. Do what makes you feel most comfortable.
* When trying to notice what sensations or feelings you are experiencing it may help to start at the top of your body (at your head) and work your way down to your feet.
* Try to identify and then label your sensations/feelings for one body part before moving to the next

Sometimes you may not notice a feeling/sensation in a body part right away. When this happens try to spend at least 1 minute focusing on this part before moving on to the next. While focusing, pay attention to your thoughts; they may serve as a clue to what your body part is feeling like. If after **ABOUT ME FORM**

**COMMUNICATION**

**SENSORY**

**OTHER**

**WHAT I NEED**

**NOTES FROM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ABOUT ME FORM—EXAMPLE**

**\*\*This is just an example to give you some ideas. Try to make your form custom to you\*\***

I have a dx of Autism and ADHD. I am also in recovery from a long battle with Anorexia Nervosa.

**COMMUNICATION**

* I speak best when I am moving or fidgeting so please don’t take offense if I pace, wiggle, or fidget.
* I sometimes communicate better through writing. If struggling to talk, I may use a phone communication app
* I often struggle with knowing what information is important to report.
* My auditory and language processing is impaired.
* I am very literal and concrete in my thinking
* If I start to yell it’s because I am not regulated or because I am trying to explain something NOT because I am angry.
* My facial expressions may not match how I am really feeling for example I may be sad but be smiling

**SENSORY**

* When I am overstimulated or have too much to say speaking becomes very difficult
* I have a very high pain tolerance and I report pain in an atypical way.
* I can be sick but not know until I am very sick
* I am very sensitive to fluorescent lights/bright lights and certain pitches and tones. I may need to use my headphones and/or sunglasses during my appointment. Do not worry, I can still hear with my headphones on.
* I do not do well with light touch. If you need to touch me tell me first.

**WHAT I NEED**

* Patience and understanding
* Extra time to process information
* For you to speak slowly and ask me one question at a time
* A written summary of the important points discussed
* Written instructions on any next steps I need to take
* Explanations of my symptoms, any new diagnosis, medications, test results, etc
* Direct and concise communication, I do not read in between the lines
* Questions that are specific. Instead of asking “how are you doing?” try something like “have you been experiencing any new bodily symptoms over the past three weeks?”
* Communication with other healthcare providers that are working with me

**NOTES FROM MY THERAPIST-MARI**

*I have been working with Kim for 6 years. She has a diagnosis of Autism and ADHD and is in recovery from anorexia nervosa. Kim has had multiple negative experiences with medical/healthcare providers and as a result also suffers from PTSD. It is best to not have Kim weighed during appointments as this creates undue strain on her mentally and can trigger both her eating disorder and PTSD symptoms. Additionally, Kim can struggle with verbally communicating her symptoms. Asking her direct questions and giving her adequate time to process and respond is essential.*

*Thank you.*

