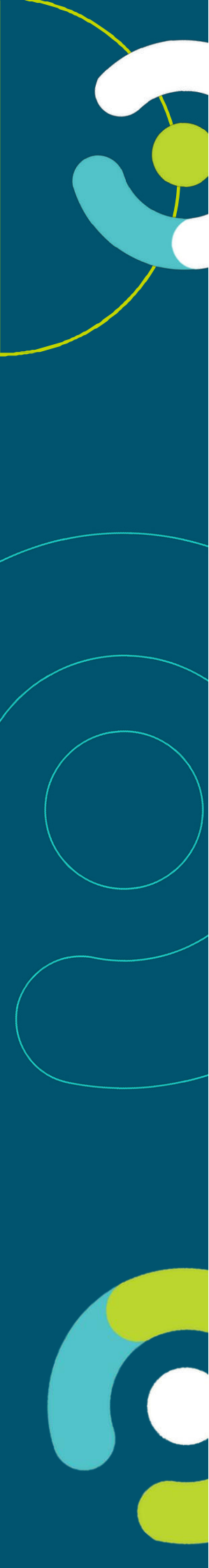


Autism in Sport Passport

● 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 lifelong developmental neurological condition that affects how a person communicates and interacts with others. It also affects how a person makes sense of the world around them.

In 2017, the Government published a new bill which, when passed, will put in place a strategy to address the needs of people with autism throughout their lives. It will also require agencies to be held accountable and put under scrutiny in relation to the provision of autism services.





● About Cara

Cara is a national organisation which provides a collaborative and partnership platform throughout Ireland to impact on enhancing sport and physical activity opportunities for people with disabilities.

With the help of Sport Ireland, National Governing Bodies of Sport, and Local Sports Partnership, we provide information, training, support, and we advocate 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.

Supported by





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