







For **sensory needs** I might:

-  Use a swing, trampoline, squishy toy or an obstacle course
-  Be sensitive to lights, sounds or touch
-  Wear a weighted vest
-  Need deep pressure from the staff
-  Carry books, jugs with sand or push heavy objects
-  Wear ear plugs or headphones



Website: www.ttaconline.org

Visit T/TAC Online for upcoming events, trainings, online web trainings, and resource documents on autism and other disability areas.

Each regional T/TAC can be accessed through T/TAC Online.

The T/TACs are a network of assistance centers that are grant funded by the Virginia Department of Education. There are seven locations:

Virginia Commonwealth University

Old Dominion University

William & Mary

James Madison University

George Mason University

Virginia Tech




Radford University

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WHAT YOU NEED TO KNOW ABOUT ME, A STUDENT WITH AUTISM



I have a developmental disability called autism. This means I have problems with communication and social interaction. Certain things are really hard for me, including

-  Understanding what people say
-  Knowing what to say
-  Knowing how to play

When I try to talk, the words do not come out the way I want. This frustrates me, and what makes it worse is that I often can't explain my frustration.

Another feature of my disability is that some of my interests are unusual. Also, I might not respond to sights, sounds, smells, touch, tastes, or changes in routine in ways that you would expect me to. I learn best when people use "supports." Look inside to understand what I mean.

For communication I might:

- Need pictures (Photographs, digital images, line drawings)
- Use notebooks with pictures in them
- Use a schedule that uses pictures and/or words
- Need teachers to use fewer words
- Need teachers to give me more time to respond
- Use communication systems across all school environments



For visual supports I might:

- Need pictures and/or written schedules
- Use color coding
- Need classroom rules in picture format
- Work in an individual area with "finished" baskets
- Do work tasks that are visually clear
- Need rooms set up to accommodate my learning style
- Use visual timers to help predict the end of an activity



For social skills I might:

- Use Social Stories™
- Need social skills training
- Need help in starting a conversation
- Need help with turn taking in a conversation
- Need help to understand others' personal space
- Need pictures or written rules as reminders

