



The For You series

🍀 NEURODIVERGENCE

Your autism toolkit

A few simple pages to map your senses, protect your energy, say what you need, and get ready for a doctor. The companion you fill in yourself.

Who this is for: autistic adults, and anyone who thinks they may be.

Cited: peer-reviewed autism research.

Languages: English, Hindi, Marathi, and Kannada.

Read it free at weave.clinic/family

✿ KNOW YOUR SENSES

My sensory plan

✿ IN SHORT

Sensory differences are a common, core part of being autistic, not a small extra. When you know what soothes you and what is too much, you can set up a day that costs you less. Fill one sense at a time.

Sense	What soothes me	What is too much	My plan
Sound			
Light			
Touch, clothes			
Smell, taste			
Crowds, movement			

● TRY THIS

Start with the one sense that troubles you most. Name a single small change you can make this week: a pair of earplugs, a dimmer bulb, a softer shirt, a quieter route home.

✿ PROTECT YOUR ENERGY

My energy tracker

✿ IN SHORT

Running on a full mask with too many demands can build into burnout, a deep drop in energy, skills, and patience, and it is not the same as low mood. Track what drains you and what refills you, and you can catch the slide early.

Day	Energy, 1 to 5	What drained me today	What refilled me	Mask level
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

● TRY THIS

Fill one row at the end of each day. After a week, circle your two biggest drains and plan one way to soften each. A half-filled tracker still tells you more than memory does.

🌸 SAY WHAT YOU NEED

My communication card

🌸 IN SHORT

Autistic and non-autistic people can miss each other's meaning in both directions, a two-way mismatch, not a fault in you. Saying clearly how you communicate best helps people meet you halfway.

About how I communicate	My answer
How I communicate best	
What helps me understand	
What makes it harder	
How I show I need a break	
What to know about eye contact, tone, or being direct	

● TRY THIS

Fill this once while you are calm. Then you can show it to a doctor, a manager, or someone close, instead of having to explain it in a hard moment.

✿ BEFORE YOUR NEXT VISIT

Doctor-prep

✿ IN SHORT

Autistic adults often meet barriers in healthcare, from the sensory load of a clinic to not being understood. A few minutes of getting ready, and asking for a small adjustment or two, makes a visit go further.

My questions for the doctor write the ones that matter to you

Adjustments I might ask for (tick any that would help):

☐ The first or last appointment of the day, when it is quieter

☐ A quiet place to wait, or to wait outside until I am called

☐ Things explained in writing, or a short written summary at the end

☐ A little extra time, and one thing at a time

☐ Bringing a support person with me

✿ WHAT TO TAKE WITH YOU

What to bring

✿ IN SHORT

Bring what you have. A half-filled toolkit still shows your pattern.

☐ My sensory plan

☐ My energy tracker

☐ My communication card

☐ My questions, and the adjustments I want to ask for

WHERE THIS COMES FROM

Robertson CE. Sensory perception in autism. *Nat Rev Neurosci*, 2017. doi.org/10.1038/nrn.2017.112

Raymaker DM. Defining autistic burnout. *Autism Adulthood*, 2020. doi.org/10.1089/aut.2019.0079

Crompton CJ. Autistic peer-to-peer information transfer is highly effective. *Autism*, 2020. doi.org/10.1177/1362361320919286

Nicolaidis C. An online healthcare toolkit for autistic adults. *J Gen Intern Med*, 2016. doi.org/10.1007/s11606-016-3763-6

FURTHER READING

- AASPIRE Healthcare Toolkit for autistic adults

A tool to fill in, not a test. There are no grades here. Bring it to a doctor who knows your history.

● Feeling like it is all too much? **Read the crisis card.** Help is one page away.