



For You series

NEURODIVERGENCE

Aapka autism toolkit

*Kuch aasaan panne: indriyan samajhna, oorja
bachana, jo chahiye wo kehna, doctor ki taiyaari.
Wo saathi jise aap khud bharte hain.*

Yeh kiske liye hai: autistic bade, aur jo sochte hain shayad hain.

Hawale: peer-reviewed autism shodh.

Bhashayein: English, Hindi, Marathi aur Kannada.

Muft padhiye: weave.clinic/family

✿ APNI INDRIYON KO JAANIYE

Meri indriyon ka plan

✿ CHHOTA SA SAAR

Indriyon ka farq autistic hone ka ek aam aur buniyaadi hissa hai, koi chhoti-si atirikt baat nahi. Jab aapko pata ho ki kya aapko shaant karta hai aur kya bahut zyada ho jaata hai, to aap apna din aise set kar sakte hain jo aapko kam bhaari pade. Ek baar mein ek indriy bhariye.

Indriy	Kya mujhe shaant karta hai	Kya bahut zyada ho jaata hai	Mera plan
Aawaz			
Roshni			
Chhoona, kapde			
Gandh, swaad			
Bheed, halchal			

● YEH KARKE DEKHEIN

Us ek indriy se shuru kijiye jo aapko sabse zyada pareshaan karti hai. Is hafte ke liye ek chhota-sa badlaav tay kijiye: kaan ke plug ki ek jodi, ek halki roshni waala bulb, ek naram shirt, ghar lautne ka ek shaant raasta.

✿ APNI OORJA BACHAAKAR RAKHIYE

Mera oorja tracker

✿ CHHOTA SA SAAR

Har waqt poora mask lagaaye rakhna, aur us par bahut zyada maangein, milkar burnout tak pahuncha sakte hain, yaani oorja, hunar aur sabr mein ek gehri giraavat. Yah man udaas rehne jaisa nahi hai. Jo aapko thakaata hai aur jo aapko phir se bharta hai, dono par nazar rakhiye, to aap is dhalaan ko shuru mein hi pakad sakte hain.

Din	Oorja, 1 se 5	Aaj kisne mujhe thakaaya	Kisne mujhe phir se bhara	Masking kitni
Som				
Mangal				
Budh				
Guru				
Shukra				
Shani				
Ravi				

● YEH KARKE DEKHEIN

Har din ke aakhir mein ek line bhar dijiye. Ek hafte baad, apni do sabse badi thakaane wali cheezon par gola lagaiye, aur har ek ko halka karne ka ek tarika sochiye. Aadha bhara tracker bhi yaaddasht se zyada bataata hai.

✿ JO CHAHIYE WO KEH DIJIYE

Mera baatcheet ka card

✿ CHHOTA SA SAAR

Autistic aur ghair-autistic log dono taraf se ek-dosre ka matlab chook sakte hain, yah dono taraf ka bemel hai, aapki koi kami nahi. Aap kis tarah sabse achhe se baat kar paate hain, yah saaf-saaf bata dena logon ko aapki taraf aadha raasta aane mein madad karta hai.

Meri baatcheet ke baare mein	Mera jawaab
Mere liye baat karne ka sabse achha tarika	
Kya mujhe samajhne mein madad karta hai	
Kya ise mushkil bana deta hai	
Mujhe break chahiye, yah bataane ka mera tarika	
Aankhein milaane, lehje, ya seedhi baat karne ke baare mein jaanne layak baat	

● YEH KARKE DEKHEIN

Ise ek baar tab bhar lijiye jab aap shaant hon. Phir aap ise kisi doctor, kisi manager, ya kisi apne ko dikha sakte hain, bajaay iske ki kisi mushkil pal mein ise samjhana pade.

✿ AGLI MULAQAT SE PEHLE

Doctor ke liye taiyaari

✿ CHHOTA SA SAAR

Autistic vayaskon ko aksar ilaaj ki jagahon par rukaavatein milti hain, clinic mein indriyon par padne waale bojh se lekar samjha na jaane tak. Thodi der ki taiyaari, aur ek-do chhote badlaav maang lena, mulaqat ko zyada kaam ka bana deta hai.

Doctor ke liye mere sawaal wo sawaal likhiye jo aapke liye maayne rakhte hain

Wo badlaav jo main maangna chaahun (jo bhi madad kare, us par nishaan lagaaiye):

- ☐ Din ki pehli ya aakhiri mulaqat ka samay, jab zyada shaanti hoti hai

- ☐ Intezaar ke liye ek shaant jagah, ya jab tak bulaava na aaye tab tak baahar intezaar karna

- ☐ Baatein likhkar samjhaayi jaayein, ya aakhir mein ek chhota likhit saar

- ☐ Thoda zyada samay, aur ek baar mein ek hi baat

- ☐ Apne saath kisi sahaara dene waale insaan ko laana

✿ APNE SAATH KYA LE JAAYEIN

Kya saath le jaayein

✿ CHHOTA SA SAAR

Jo aapke paas hai, wahi le jaaiye. Aadha bhara toolkit bhi aapka pattern dikha deta hai.

☐ Meri indriyon ka plan

☐ Mera oorja tracker

☐ Mera baatchheet ka card

☐ Mere sawaal, aur wo badlaav jo main maangna chaahun

YEH JAANKARI KAHAN SE HAI

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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.
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Nicolaidis C. An online healthcare toolkit for autistic adults. J Gen Intern Med, 2016.
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AUR PADHNE KE LIYE

- AASPIRE Healthcare Toolkit for autistic adults

Yeh bharne ka ek saadhan hai, koi pareeksha nahin. Ise apne doctor ko dikhayein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.