



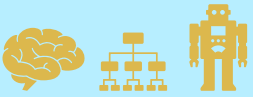

















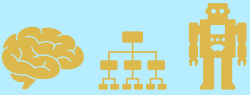




	Factors to Consider	My Experience
Physiological 	<ul style="list-style-type: none"> • Sleep • Nourishment <ul style="list-style-type: none"> • Water, caloric intake • Quantity, quality • Health <ul style="list-style-type: none"> • Illness, allergy, injury 	<ul style="list-style-type: none"> - Sleep is a major factor - if I have not slept enough, my energy is extra volatile. Everything is intensified. - Always hydrated - I feel changes in barometric pressure in many ways ranging from minor (e.g., feel pressure in head) to major (e.g., feel change in blood pressure; breathing and pulse). - Food may be low if not sensing hunger
Interoception 	<ul style="list-style-type: none"> • Perception of Hunger • Perception of Pain • Perception of Arousal/Energy • Perception of Emotion • Perception of Needing to go to Bathroom 	<ul style="list-style-type: none"> - I do not sense feeling of hunger - Pain is perceived differently (e.g., I can feel difference or tightness, or warmth or see swelling, but it does not "hurt") - I will often forget to go to the bathroom - Cannot label emotions but can label arousal and energy levels
Sensory 	<ul style="list-style-type: none"> • Hypersensitivities / Hypo-sensitivities <ul style="list-style-type: none"> • Sound, smell, taste, touch, visual, spatial, vestibular, proprioceptive • Preference for Seeking or Avoiding Sensory Input <ul style="list-style-type: none"> • Frequency, intensity, time, type 	<ul style="list-style-type: none"> - Hypersensitive to sounds (human voices/chatter, breathing, chewing, certain keyboard keys tapping, electronics and outlets buzzing, muffled music and TV e.g., through walls) - Hypersensitive to smells (soup, food esp. fried food, cigarette smoke, perfume/cologne, air "fresheners," hairsprays/lotions) - Hypersensitive to high levels of activity in my visual field - Seeker of high impact/pressure/crashing/explosive
Motor 	<ul style="list-style-type: none"> • Muscle Tone • Coordination/ Strength/ Endurance • Bodily / Spatial Awareness • Use of Mobility Support / Device • Preference for Movement 	<ul style="list-style-type: none"> - Excellent motor skills (tone, coordination, strength) - EXTREME need and preference to move - Spatial awareness is outstanding - Kinesthetic learner - Sitting for long periods will amp up energy and I will disengage
Cognitive 	<ul style="list-style-type: none"> • Executive Functioning Abilities <ul style="list-style-type: none"> • Decision-making • Processing and learning style • Prior Experience / Interests • Social Understanding • Reliance on Routine/ Predictability 	<ul style="list-style-type: none"> - Social understanding is below age level and below what others would expect given my vocabulary - social is extremely fatiguing and not preferred - Decision making and planning for preferred activities is excellent (for activities not preferred, it is terrible). - High reliance on routine, predictability and familiarity of environment and activity - Need to be able to see reason and logic in doing things
Communication 	<ul style="list-style-type: none"> • Receptive Communication Abilities/Means <ul style="list-style-type: none"> • Non-verbal, symbolic • Expressive Communication Abilities/Means <ul style="list-style-type: none"> • Non-verbal, symbolic 	<ul style="list-style-type: none"> - Visual learner; auditory processing of speech is difficult and difficulty increases with more noise and in context of other conversations happening - Expressive communication good - not able to express emotions or "feelings" in words - Preference for task-oriented content and not small talk / social chit-chat
Social 	<ul style="list-style-type: none"> • Social motivation • Preferred social partners (may be specific or general - e.g., sibling, older kids, younger kids, those with shared interests, etc.) 	<ul style="list-style-type: none"> - Low social motivation... if any - Does not desire social connections from activities or engagements - Has few close partners and interaction with these partners is significantly different from others

	Factors to Consider	Activity Characteristics
Physiological 	<div style="border: 1px solid black; padding: 5px;"> Overall Energy Level Associated with Successful Participation in the the Activity </div>	Physiological considerations for activity: <ul style="list-style-type: none"> - Basic needs should be met (energy to attend to less preferred stimuli) - Barometric pressure and time of day could be factors
Interoception 		Are there interoceptive processes critical to the activity or that could influence engagement? <ul style="list-style-type: none"> - Remembering to eat - Feeling when I need movement before meeting starts and communicating need to self and others
Sensory 	<ul style="list-style-type: none"> • Sensory Qualities of Activity • Characteristic Inputs: <ul style="list-style-type: none"> • Sound, smell, taste, touch, visual, spatial, vestibular, proprioceptive • Frequency, Intensity, & Duration of Inputs 	<ul style="list-style-type: none"> - A lot of talking and human noise (breathing, sniffing, chewing, side conversations) - People taking notes on laptops (typing) - Some people wear a lot of perfume/cologne/hairspray and this is especially bad in the morning - In the PM - people often eat or smell like they have gone out to eat - Sitting in close proximity to others - Tapping/clicking pens and pencils
Motor 	<ul style="list-style-type: none"> • Motor Demands of Activity • Strength/Endurance/Coordination • Fine Motor / Gross Motor 	<ul style="list-style-type: none"> - Limited opportunity for heavy motor activity - Sitting is the standard; duration typically ranges form 1 to 2.5 hours - May be able to stand up, but high levels of movement and activity are often not possible (differs based on in-person vs. phone/online meeting).
Cognitive 	<ul style="list-style-type: none"> • Executive Functioning Requirements of Activity • Familiarity / Predictability/ Prior Experience • Purpose of task/activity is explicit • Emotional Memory 	<ul style="list-style-type: none"> - Ranges from very little to full attention depending on need to present information / provide feedback on meeting topics - Most are familiar (weekly, monthly, quarterly meetings), but there is the chance they will run longer than expected or that agenda will be complete early, but people will stay to talk (no explicit end) - Some meetings have no logical purpose
Communication 	<ul style="list-style-type: none"> • Communicative Expectations of Activity • Expressive & Receptive Mode(s) of Communication Used by Partners • Access to Augmentative Communication Systems 	<ul style="list-style-type: none"> - Ranges depending on degree of participation needed (e.g., not directly involved in any agenda items to presenting information and providing feedback on several items) - Will be mostly auditory information in weekly meetings; less frequent meetings often have slides and visual info - 85% ish of communication is about work-related tasks and content
Social 	<ul style="list-style-type: none"> • Social Expectations of Activity • Social Complexity • Clarity of Roles 	<ul style="list-style-type: none"> - I actually have no idea and have not thought about these things until reading them here in this table which may have some implications... - I do know I have zero tolerance for talking about weekend plans when agenda is done

	Factors to Consider	Environmental Characteristics
Physiological 	<div style="border: 1px solid black; padding: 5px;"> Overall Energy Level Associated Engaging in the Environment </div>	Physiological considerations for environment and natural supports: <ul style="list-style-type: none"> - Remember to pack lunch/snacks? - Water and coffee available at all times - Scent free bathroom available
Interoception 		Are there interoceptive processes critical to interacting within this environment and engaging? <ul style="list-style-type: none"> - Remember that I have a lunch packed and should eat it before 1pm when meetings start back to back? - If needs recognized, can I communicate them?
Sensory 	<ul style="list-style-type: none"> • Sensory Qualities of Environment • Characteristic Inputs: <ul style="list-style-type: none"> • Sound, smell, taste, touch, visual, spatial, vestibular, proprioceptive • Frequency, Intensity, & Duration of Inputs 	<ul style="list-style-type: none"> - Fluorescent lighting - Several buzzing electronics (e.g., projector hanging from ceiling, outlets on and beneath table) - Lots of typing - Office space is shared and open to a set of offices - Human voices everywhere - Kitchen around the corner (food smells) - High air conditioning in the summer - Meeting room is single table
Motor 	<ul style="list-style-type: none"> • Physical Layout of Environment • Accessibility 	<ul style="list-style-type: none"> - Shared office within suite of offices - Basement meeting room with single oval table and chairs - Single person bathrooms available for PA breaks - Two flights of stairs between office space and meeting space - Outdoor space is walkable except in winter
Cognitive 	<ul style="list-style-type: none"> • Familiarity of Environment • Predictability of Environment • Emotional Memories Tied to Environment 	<ul style="list-style-type: none"> - Very familiar (visit at least once per week) - Fairly predictable, but not always - Difficult to logically understand the need to go there and be there in-person - Because it is usually very familiar and predictable, any changes are very unexpected and amp up energy
Communication 	<ul style="list-style-type: none"> • Access to Augmentative Communication Systems • Interactive Demands (e.g., face to face, virtual, verbal, visually supported, etc) 	<ul style="list-style-type: none"> - Typically the environment in which the most amount of communication is needed - Set up in a way that puts me face-to-face with other humans far more frequently than in other environments - Information presented 90% verbally/orally and face-to-face
Social 	<ul style="list-style-type: none"> • Social Expectations of Activity • Social Complexity • Clarity of Roles 	<ul style="list-style-type: none"> - I actually have no idea and have not thought about these things until reading them here in this table which may have some implications... - I do know I have zero tolerance for talking about weekend plans and other humans - A LOT OF POINTLESS TALK

	My Experience	Environmental Characteristics	Activity Characteristics	Matches and Mismatches
Physiological 	<ul style="list-style-type: none"> - Sleep is a major factor - if I have not slept enough, my energy is extra volatile. Everything is intensified. - Always hydrated - I feel changes in barometric pressure in many ways ranging from minor (e.g., feel pressure in head) to major (e.g., feel change in blood pressure; breathing and pulse). - Food may be low if not sensing hunger 	Physiological considerations for environment and natural supports: <ul style="list-style-type: none"> - Remember to pack lunch/snacks? - Water and coffee available at all times - Scent free bathroom available 	Physiological considerations for activity: <ul style="list-style-type: none"> - Basic needs should be met (energy to attend to less preferred stimuli) - Barometric pressure and time of day could be factors 	<ul style="list-style-type: none"> • The timing of meetings at [Univ] is such that they begin when I usually eat. I am prone to forgetting as they begin at my routine lunch time and I do not think of it in anticipation of the meetings
Interoception 	<ul style="list-style-type: none"> - I do not sense feeling of hunger - Pain is perceived differently (e.g., I can feel difference or tightness, or warmth or see swelling, but it does not “hurt”) - I will often forget to go to the bathroom - Cannot label emotions but can label arousal and energy levels 	Are there interoceptive processes critical to interacting within this environment and engaging? <ul style="list-style-type: none"> - Remember that I have a lunch packed and should eat it before 1pm when meetings start back to back? - If needs recognized, can I communicate them? 	Are there interoceptive processes critical to the activity or that could influence engagement? <ul style="list-style-type: none"> - Remembering to eat - Feeling when I need movement before meeting starts and communicating need to self and others 	<ul style="list-style-type: none"> • See above - additionally, I will not sense the feeling of hunger. There will be no biological reminder to eat before back-to-back meetings
Sensory 	<ul style="list-style-type: none"> - Hypersensitive to sounds (human voices/chatter, breathing, chewing, certain keyboard keys tapping, electronics and outlets buzzing, muffled music and TV e.g., through walls) - Hypersensitive to smells (soup, food esp. fried food, cigarette smoke, perfume/cologne, air “fresheners,” hairsprays/lotions) - Hypersensitive to high levels of activity in my visual field - Seeker of high impact/pressure/ crashing/explosive 	<ul style="list-style-type: none"> - Fluorescent lighting - Several buzzing electronics (e.g., projector hanging from ceiling, outlets on and beneath table) - Lots of typing - Office space is shared and open to a set of offices - Human voices everywhere - Kitchen around the corner (food smells) - High air conditioning in the summer - Meeting room is single table 	<ul style="list-style-type: none"> - A lot of talking and human noise (breathing, sniffing, chewing, side conversations) - People taking notes on laptops (typing) - Some people wear a lot of perfume/cologne/hairspray and this is especially bad in the morning - In the PM - people often eat or smell like they have gone out to eat - Sitting in close proximity to others - Tapping/clicking pens and pencils 	<ul style="list-style-type: none"> • The sound and scent factors in this environment are not a good match for me. It is very open and there is very little time when I am not experiencing some kind of amped up energy due to sounds, sights and smells in the office environment • Single person, scent-free bathroom being available is a major protective factor to escape

	My Experience	Environmental Characteristics	Activity Characteristics	Matches and Mismatches
Motor 	<ul style="list-style-type: none"> - Excellent motor skills (tone, coordination, strength) - EXTREME need and preference to move - Spatial awareness is outstanding - Kinesthetic learner - Sitting for long periods will amp up energy and I will disengage 	<ul style="list-style-type: none"> - Shared office within suite of offices - Basement meeting room with single oval table and chairs - Single person bathrooms available for PA breaks - Two flights of stairs between office space and meeting space - Outdoor space is walkable except in winter 	<ul style="list-style-type: none"> - Limited opportunity for heavy motor activity - Sitting is the standard; duration typically ranges from 1 to 2.5 hours - May be able to stand up, but high levels of movement and activity are often not possible (differs based on in-person vs. phone/online meeting). 	<ul style="list-style-type: none"> • The motor demands of the activity are not in line with my needs • The physical environment has some strengths for me - e.g., stairs • Single person, scent-free bathroom being available for PA breaks (tabata, isometrics, inversion)
Cognitive 	<ul style="list-style-type: none"> - Social understanding is below age level and below what others would expect given my vocabulary - social is extremely fatiguing and not preferred - Decision making and planning for preferred activities is excellent (for activities not preferred, it is terrible). - High reliance on routine, predictability and familiarity of environment and activity - Need to be able to see reason and logic in doing things 	<ul style="list-style-type: none"> - Very familiar (visit at least once per week) - Fairly predictable, but not always - Difficult to logically understand the need to go there and be there in-person - Because it is usually very familiar and predictable, any changes are very unexpected and amp up energy 	<ul style="list-style-type: none"> - Ranges from very little to full attention depending on need to present information / provide feedback on meeting topics - Most are familiar (weekly, monthly, quarterly meetings), but there is the chance they will run longer than expected or that agenda will be complete early, but people will stay to talk (no explicit end) - Some meetings have no logical purpose 	<ul style="list-style-type: none"> • The environment is familiar • The schedule is usually predictable • The purpose of entering the environment and of the activities carried out are often not explicitly clear to me • Meetings are not a good match to begin with - but unnecessary small talk around agenda is worse
Communication 	<ul style="list-style-type: none"> - Visual learner; auditory processing of speech is difficult and difficulty increases with more noise and in context of other conversations happening - Expressive communication good - not able to express emotions or “feelings” in words - Preference for task-oriented content and not small talk / social chit-chat 	<ul style="list-style-type: none"> - Typically the environment in which the most amount of communication is needed - Set up in a way that puts me face-to-face with other humans far more frequently than in other environments - Information presented 90% verbally/orally and face-to-face 	<ul style="list-style-type: none"> - Ranges depending on degree of participation needed (e.g., not directly involved in any agenda items to presenting information and providing feedback on several items) - Will be mostly auditory information in weekly meetings; less frequent meetings often have slides and visual info - 85% ish of communication is about work-related tasks and content 	<ul style="list-style-type: none"> • Meetings are highly auditory in nature • Face-to-face communication and conversation is frequent • Expressive communication is typically around work tasks (protective), but non-essential chit-chat occurs as well (risk)

	My Experience	Environmental Characteristics	Activity Characteristics	Matches and Mismatches
Social 	<ul style="list-style-type: none"> - Low social motivation... if any - Does not desire social connections from activities or engagements - Has few close partners and interaction with these partners is significantly different from others 	<ul style="list-style-type: none"> - I actually have no idea and have not thought about these things until reading them here in this table which may have some implications... - I do know I have zero tolerance for talking about weekend plans and other humans - A LOT OF POINTLESS TALK 	<ul style="list-style-type: none"> - I actually have no idea and have not thought about these things until reading them here in this table which may have some implications... - I do know I have zero tolerance for talking about weekend plans when agenda is done 	<ul style="list-style-type: none"> • If there are social rules beyond showing up on time and clothed, and contributing to meetings and task-related discussion as needed, I am not aware of them • Tolerating the off-agenda small talk that happens amps up energy

Strategies for partners and accommodations needed for activity / environment:

- Explicit statement of when meetings have ended and I can leave the room (confusing when agenda is over, but everyone remains in room talking)
- At a minimum, put the meeting agenda up on screen (insert visuals where possible)
- Be mindful of scented sprays and products
- Keep conversation related to tasks at hand (when interacting with Jacquelyn)
- If Jacquelyn will not be needed for face-to-face, in-person discussion, let her know ahead of time

Tools and resources available / other important notes:

- Single-person, scent-free bathroom can be used as an escape and for short bursts of PA
- Stairwell can be used for good motor activity
- Notebook/pen/pencil for doodling - do not forget to take it to meetings
- Standing instead of sitting
- Eat during meetings if necessary - the humans (unfortunately) seem to find this acceptable
- Make sure regular tools are in place (gum, coffee, glasses, pocket fidgets, morning PA session)

Strategies for the individual (see Regulatory 2.0):

- Set an alarm of calendar reminder for lunch, reminders of PA breaks and include one right before first meeting *FUEL AND PA = PROTECTIVE*
- Use glasses, ear plugs and music in ears as needed
- Doodling, drawing, fidgets during meetings for increased engagement
- Stand if needed
- State at beginning of meeting that I must leave as soon as important information is covered
- Make a point to ask if I am needed in-person each week
- Write out ideas, thoughts and questions for meeting tasks before the meeting begins