

# GETTING TO KNOW US

## FAMILY

### THE GROWN-UPS

NAME	RELATIONSHIP	OCCUPATION & WORK ADDRESS	PHONE(S)
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### SPECIAL NEEDS CHILD

NAME	AGE	SCHOOL & GRADE (OR ANALOGOUS)
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### SIBLINGS

NAME	AGE	RELATIONSHIP	SCHOOL & GRADE (IF APPLICABLE)
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NAME	AGE	RELATIONSHIP	SCHOOL & GRADE (IF APPLICABLE)
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NAME	AGE	RELATIONSHIP	SCHOOL & GRADE (IF APPLICABLE)
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### PETS

NAME	TYPE
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### NEARBY FAMILY

NAME	RELATIONSHIP	CONTACT INFORMATION
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### Religious beliefs/customs in our family that may impact care (e.g., diet, dress, treatment restrictions)

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# GETTING TO KNOW US (CONTINUED)

\_\_\_\_\_ has some special needs related to \_\_\_\_\_ (more on that later).  
NAME DIAGNOSIS/CONDITION

But \_\_\_\_\_ is more than that diagnosis! Here are some words we use to describe  
NAME

\_\_\_\_\_ ! [insert words to describe personality/disposition].  
NAME

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## WHEN THINGS DON'T GO SO WELL

These are some ways we help \_\_\_\_\_ :  
NAME

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With transitions between activities:

When \_\_\_\_\_ is frustrated, anxious, upset:  
NAME

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These are some ways \_\_\_\_\_ calms down on his/her own:  
NAME



\_\_\_\_\_ likes the following activities and things:  
NAME

Activity/Item (e.g., TV, stuffed animal, swimming)	Where/when/how—and any limits (e.g., no TV after 8 p.m., only pre-selected videos)

\_\_\_\_\_ doesn't like the following activities and things:

NAME

Activity/Item	Strategies for avoiding/soothing

\_\_\_\_\_ is good at:

NAME

Activity/Skill	Ways to practice or acknowledge

\_\_\_\_\_ has trouble with:

NAME

Activity/Skill	Ways to Help (or see pages 17–24 for more detail)
Communication	See page: 17
Mobility	See page: 17
Eating/Drinking	See page: 18
Bathing/Toileting	See page: 22
Emotional Regulation	See page: 10