

# Appointment Agenda

Sometimes communication is difficult for me, because of:

- Autism
- ADHD
- Anxiety

- Situational Mutism
- Processing delays

Other reasons:

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I communicate best with:

(e.g. extra time to process and respond, unambiguous language, no pressure to make decisions 'on the spot', a support person, AAC, typing/texting, time for breaks, fidget tools or stimming)

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Topics I'd like to discuss today:

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Outcomes or next steps to take:

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Our next meeting or appointment date:

Time: