# A Quick Guide to the Personal Profile

Centre for ADHD & Autism Support

## Why use this guide?

This Personal Profile tool helps you understand how you experience, understand and process the different environments you live in.

It can also help with:

- Preparing for a GP appointment or an assessment for autism and ADHD
- Understanding how you may experience environments differently
- Finding out what support you may need

This guide focuses on one environment or situation at a time. You can get a printable version on our website, should you wish to use the tool to consider different settings that are appropriate to you.

## How To Use the Guide

### 1. Choose the Environment or situation that you want to focus on

Write the setting (e.g. Home, Work, School) in the box: "What environment is this for?"

Note: Some people may want to create different profiles for different days in the same setting e.g. at work on a 'bad' day vs at work on a 'good' day

### 2. Read the 8 Sections listed

Each section has a scale:

- Hypo (low sensitivity- seeking more sensory input)
- Baseline (balanced)
- Hyper (high sensitivity- seeking less sensory input)

Definitions are in the glossary if needed (found on the website)

### 3. Tick Your Experience

For each row, tick the boxes that best matches how you feel in this environment.
Note: Some people may like to tick one of each or you may find that you are experiencing both hypo and hyper and may want to tick a range of boxes.

### 4. Reflect

Once the personal profile is completed you may notice trends which would indicate what support, or strategies might be useful and help you understand yourself better. Whenever your life circumstances change, it's a good idea to update your profile.