

MEET

This page tells you about me

Name

Grade

School year

A few things I love

Add a photo
of me here

MY TEAM

Who supports me at school (speech, OT, PT, vision, aide, other):

Best way to reach my family:

Name

Phone or email

HOW I COMMUNICATE

I communicate using:

☐ Spoken words ☐ Gestures ☐ Signs ☐ AAC ☐ Pictures ☐ Other:

The best way to communicate with me is:

Please know:

☐ I understand more than I can say ☐ I need extra time to respond

☐ Please keep my AAC available to me at all times ☐ Other:

MY STRENGTHS

Things I am really good at:

Things that make me happy or motivate me:

I am especially interested in:

HOW I LEARN BEST

I learn best when you:

☐ Show me ☐ Tell me ☐ Model it ☐ Use pictures and visuals ☐ Break things into smaller steps

☐ Give me extra time ☐ Repeat and practice ☐ Other:

Something that helps me participate:

MOVEMENT, SENSORY, AND ENERGY

Things that may be harder for me:

☐ Fine motor tasks ☐ Stairs ☐ Balance ☐ Sitting for long periods ☐ Motor planning

☐ Busy or noisy environments ☐ Visual clutter ☐ Transitions ☐ Other:



You may notice I get tired when:

When I need a break, you may notice:

What helps me reset:

Please know:

I may rock, flap, move, or make sounds to help myself stay regulated.

☐ This applies to me. This helps me and does not need to be stopped.

VISION AND HEARING

☐ I have CVI ☐ I wear glasses ☐ I have hearing differences ☐ I have or have had ear tubes

☐ Other:

What helps me see, hear, and access classroom information:

HEALTH AND SAFETY

Important things my teacher should know:

☐ Seizure history and action plan on file ☐ Feeding or swallowing considerations ☐ Allergies

☐ I may take longer to recover after illness ☐ Other:

i IMPORTANT

Please follow my school's official health, seizure, feeding, and emergency plans for all medical instructions. This page is an introduction, not a medical document.

WHEN I AM HAVING A HARD TIME

I may show you I am overwhelmed, tired, frustrated, or uncomfortable by:

What usually helps:

Please avoid:

THE MOST IMPORTANT THING TO KNOW ABOUT ME

If you remember one thing about me, I want you to know:

MED13L Syndrome does not look the same in every person. This page was completed by my family to help you understand how MED13L affects me. Learn more: med13l.org

