

## **How to set up your Spectra5 Autism Assistant App**

Your app should be easy to use and is designed to be intuitive, but you may find the information provided below useful.

### **Download your app from the app store**

To download the app on your smart phone or tablet, follow the instructions sent to your email, using the log in details provided.

### **How we protect your information and privacy**

Your privacy is of great importance to Autism Hampshire and we take data protection very seriously. It is a requirement of our app provision that you:

- Password protect your smart phone or tablet with a strong passcode, to protect all the personal information on your phone.
- Use a strong password to protect your website access
- Read Autism Hampshire's Privacy Statement, which include a Spectra5 Autism Assistant App Privacy Policy.

<https://www.autismhampshire.org.uk/privacy-statement>

### **Putting your information on your app**

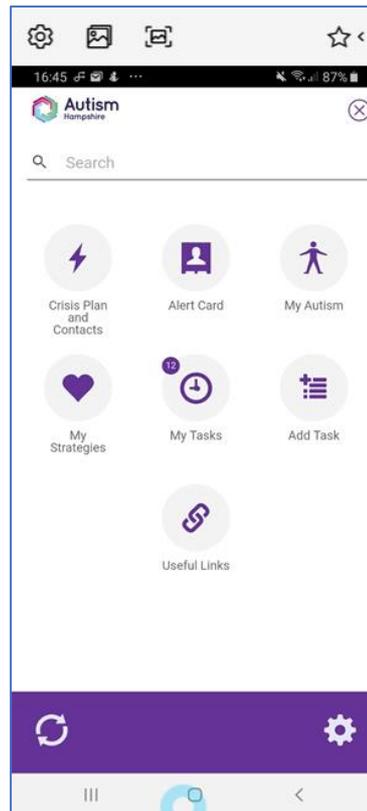
- All information can be input or changed on your phone or tablet.
- You need to be connected to the internet to input or change information, add a task or generate an email.
- You can choose which sections of the Spectra5 app to complete – none of the fields are mandatory.
- If it is helpful you can use your web page to make entries or changes. Details of how to access your web page can be found later on in this help sheet.

## Information about different functions of your app

When you open your app you will see this page.

Open each section by pressing on the icon. Remember you do need to be connected to the internet while setting up.

Most of the functions are intuitive, but if needed the chart below provides information about each section and how to complete it.



Form	Sub Sections	What to include	Examples
Crisis Plan and Contacts	Quick Profile	3-5 adjustments which are the most important to you, to give someone a quick snapshot of how they can help you.	Give me space to wait quietly. Contact my emergency contact to support me. Be aware I may not be able to process what you are saying if I am very anxious
	Emergency contacts	Telephone contact details for 1 or 2 people who could be called to support you in an emergency, for example a partner, parent, support worker or friend.  <b>It is essential that you obtain permission from your emergency contacts to include their details in your app.</b>	
	Organisations who support me	If you receive regular support from a professional, you can include a contact email for that person.  <b>It is essential that you obtain permission to include their details in your app.</b>	
	Additional Information Police	If you have additional information which is specific to police, health services or fire, please include here.	I have a police support plan in place I cannot stand the sound of sirens
	Additional Information Health		I will panic if I see a needle I find it difficult to explain levels of pain
	Additional Information Fire		I have a support plan I have additional medical needs.
	Email	You can email any selection of the information on this section to the email you provided in your application for this app. This then enables you to adapt the information and forward it to somebody else. Please note that you will have to be connected to the internet before this email can be sent.	

<b>Autism Alert Card</b>		This is an electronic version of the Autism Alert card. It will display the name you provided on your application form. If you need to change this name please email Autism Hampshire.	
<b>My Autism</b>		This form provides space to create a detailed profile of the adjustments you need.	Please note, these are examples – remember this profile should be personal to you and you may need to include several sentences under each subtitle.
	Details of Diagnosis	Date of my autism diagnosis  Who made my autism diagnosis and where  Other information about my autism diagnosis  Other diagnosis information	3 May 2016  Dr Pink, Hampshire Clinic  Asperger's syndrome  ADHD
	My Social and Communication Profile	Verbal Communication  Facial Expression and Body Language  Social Interaction  Modes of Communication (email, phone..)	Give me additional time to process information Avoid the use of irony and sarcasm.  Please be aware that I struggle to read facial expressions, so be clear in your verbal communication  I do not enjoy small talk I enjoy social events, but need a buddy to support me in new social situations  Please use email communication where possible.
	My Sensory and Environment Profile	Sight / Visual  Smell  Sound / Auditory	Bright overhead lighting is very uncomfortable for me – I wear my cap indoors to shield my eyes  The smell of bleach makes me nauseous  Sudden loud noises can make me very anxious

	<p>Taste / Food Textures</p> <p>Touch / Pressure</p> <p>Proximity / Spatial Awareness</p> <p>Balance / Movement</p>	<p>I prefer my food to be smooth</p> <p>I feel very anxious if people touch my face</p> <p>I need to sit near the door or on the end of a row</p> <p>I find uneven surfaces very challenging, please be aware this can be a trip hazard for me</p>
My Thinking and Learning Profile	<p>Flexibility of Thought</p> <p>Routine</p> <p>Organisation</p> <p>Emotional Control</p> <p>Learning Style</p> <p>Hyper Focus</p> <p>Interests</p>	<p>Please give me tasks one at a time, rather than all at once.</p> <p>Please inform me of any changes to agreed plans in advance.</p> <p>Provide additional assistance to prioritise tasks</p> <p>I can become very anxious, please offer additional reassurance</p> <p>I am a visual learner, please show me what you need me to do.</p> <p>Please be aware that if I am very focused on something I enjoy, I need plenty of warning before I need to stop.</p> <p>If I am very anxious, I find it comforting to talk or think about cruise ships.</p>
Anxiety, Fears and Phobias	<p>Anxiety - what makes me anxious</p> <p>Anxiety - how I behave when I am anxious</p> <p>Anxiety - how other people can help me</p>	<p>Please be aware that I can become very anxious in noisy situations</p> <p>I become quiet and withdrawn when I am anxious, I may start to chew my sleeve.</p> <p>Give me space, a quiet place to calm down, don't keep asking me if I am alright or talking to me.</p>

		Fears and Phobias	I have a significant phobia of dogs. Please keep dogs on a lead if they need to be near me.
	Send Email	You can email any selection of the information on this section to the email you provided in your application for this app. This then enables you to adapt the information and forward it to somebody else. Please note that you will have to be connected to the internet before this email can be sent. Don't forget to let Autism Hampshire know if you change your email address.	
<b>My Strategies</b>		<p>A section where you can list your personal strategies for coping in situations you find particularly challenging.</p> <p>This can act as a reminder to yourself when you are in a challenging situation or as a guide for other people so that they know how to help you.</p>	<ol style="list-style-type: none"> <li>1. My bus is late</li> <li>2. Contact work to let them know I am going to be late.</li> <li>3. Listen to my music to help me calm down.</li> <li>4. Use my bus app to find out what time the next bus will be.</li> </ol>
<b>My Tasks</b>		<p>A useful organisation tool where you can set reminders for simple tasks or appointments.</p> <p>Confirmation that you have completed a task or an alert to indicate that you haven't completed a task can be set.</p> <p>Please note that setting a recurring task can be done, but only on your web page (see page 4 for web page information).</p>	

<b>Useful Links</b>		<p>A section which provides weblinks to autism and emergency organisations, including details of services that Autism Hampshire can offer, other local and national autism local directories that may be useful and how to report a crime.</p> <p>On occasions organisations move a web page which will cause the link to break. If you notice a broken link, please let Autism Hampshire know so they can fix it – thank you!</p>	
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If you need assistance please use the Mpro5 support service or Kathryn Cornish at Autism Hampshire email: [kathryn.cornish@autismhampshire.org.uk](mailto:kathryn.cornish@autismhampshire.org.uk)