



Special Olympics BC Athlete Communication & Support Profile

Complete this profile with the athlete, family member, caregiver, volunteer, or coach.
Choose what fits best and add examples when helpful.

About Me

Full name: _____

Preferred name/nickname: _____

Sport(s): _____

Pronouns: _____

Paste photo here

My Strengths and Interests

Things I am good at:	
Things I like:	
Things that help me feel confident:	

How I Communicate

I communicate best using:

- ☐ Talking
- ☐ Pointing or gestures
- ☐ Sign language
- ☐ Face or body language
- ☐ Pictures or symbols

- ☐ Writing or typing
- ☐ Communication device or app
- ☐ Someone I trust helps explain what I mean
- ☐ Other: _____

When talking with me, it helps to:

- ☐ Use calm and kind words
- ☐ Talk to me directly
- ☐ Give me time to answer
- ☐ Ask one question at a time

- ☐ Do not rush me
- ☐ Check that I understand
- ☐ Repeat information
- ☐ Other: _____



My Usual Day

What my energy, communication, participation, or focus usually looks like:	
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When I May Need Support

Signs to look for:	
What makes things harder for me:	

How to Support Me

What helps:	
What does not help:	

Sensory Preferences

- ☐ Loud sounds may be hard for me
- ☐ Bright lights may be hard for me
- ☐ Crowds or busy places may be hard for me
- ☐ Touch or physical prompting may be hard for me

- ☐ I may need a quiet space or a break
- ☐ I have equipment, clothing, or routines that help me
- ☐ Other sensory needs or preferences: _____

Anything else you'd like us to know?

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Athlete signature: _____

Date: _____

Guardian signature: _____

Date: _____