

Going Out — my plan

STEP 1



Know the destination

Photos, map and entrance



www.myautismhub.com

STEP 2



Know the journey

Walk, car, bus or train



www.myautismhub.com

STEP 3



Pack support

Sensory and communication tools



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STEP 4



Plan the message

Help, stop, toilet or home



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STEP 5



Find a pause place

Quiet corner, outside or car



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STEP 6



Plan the return

Leave, recover and reset



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