

One Page Profile – Ruth

What people like and admire about Ruth

- Sense of humour.
- Quick verbal intelligence.
- Her respect - for people, animals and environment.
- That she thinks things through rather than reacting without thought.
- Writing skills.
- She follows through with commitments she has made, short and long term.



What is important to Ruth

Respect, including respect for her disabilities and her intelligence.

Seeing others treated with respect, regardless of disability, religion, etc - or even whether they are "being nice" at the time or not.

People who aren't phased by autism and other disabilities.

Being treated as intelligent while being respectfully accommodated as needed.

A friendly quiet place to live.

Helping with farm animals.

Her cat.

Having a wonderful landlady who naturally "gets it" about autism and other things.

My friend and advocate Sally.

Spending enough but not too much time with other people.

Knowing when and how to respect the needs of others - please tell me if I am failing to, or could do something different.



How best to support Ruth

I need a lot of time on my own in order to decompress from the times I am with others.

I may not recognise people even if I've spent a lot of time with them. Try not to be offended - and be prepared to reintroduce yourself as necessary. This is prosopagnosia, or face blindness.

Being taken seriously about noise, lighting levels and other difficulties that may occur - but especially noise.

I may need help with things that I "ought" to be able to do, such as phone calls or going to new places - even though there may be times when I manage to make phone calls and go new places. Each situation is unique and if I manage to say I need help then I really do. And very likely I won't be able to repeat the request if it isn't responded to first time.

I have a poor sense of direction (topographic agnosia) and will need detailed directions to go somewhere new, or sometimes somewhere I've not been to for a while.

Recognition that while doing something may appear effortless (eg spending time with someone) it often isn't, and many normal activities require recovery time afterwards.

Always be clear - say what you mean and mean what you say. I get very bewildered if I sense an undercurrent but it isn't talked about, and there's no point expecting me to work it out - I'm autistic.

Don't expect that I will be able to do something just because it's usually considered easy or because of my obvious verbal intelligence or any other achievements: generally Make No Assumptions.