

CATH LEGGETT – ONE PAGE PROFILE



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THINGS PEOPLE APPRECIATE ABOUT ME

I have a good memory for written and visual information

I like to laugh and enjoy meeting people

I can usually find a solution for a problem

I am supportive and encouraging to others



THINGS THAT ARE IMPORTANT TO ME

Changing things for the better for autistic people

Music, art, celebration and dancing

My two cats, my partner, adult child and friends

Justice and fairness for all



WAYS TO BEST WORK WITH ME

Not touching me and giving me extra personal space

Letting me know of any changes to plans as soon as possible

Giving me time and space to clarify when I need extra detail.

Frequent breaks outside if possible or to a private quiet space

