

## Four-Step Disclosure Worksheet for Caregivers



This worksheet is intended to provide structure for caregivers around the disclosure conversation. Completion of this worksheet can look different for every person depending on their comfortability with the conversation. Follow your child's lead as to how much is enough and the pacing throughout.

**1****INDIVIDUAL STRENGTHS AND CHALLENGES**

Begin this process by asking your child about his/her strengths and challenges. This can create a level of comfortability for your child. To support this conversation around your child's strengths and challenges, you can reference the Self-Awareness for Self-Advocacy Caregiver resource [here](#). LINK

**2****LINING UP**

Through this conversation about strengths and challenges, ensure that there is always a strength to match a challenge. These will be used throughout as a point of reflection.

Strengths	Challenges

### 3

## NON-JUDGMENTAL COMPARISON

Think about other people within your circle or in the broader public who is autistic. The goal is to see that the autistic community is more expansive than you may think. Connecting to that broader community can help your child feel empowered and not alone.

	#1	#2
<b>Who do I know who has autism?</b>		
<b>What makes him/her special?</b>		
<b>How are we similar?</b>		
<b>What is something I admire about him/her?</b>		

### 4

## DISCLOSING DIAGNOSIS

How do some of my characteristics line up with what we know about autism?

In this step, it may be helpful to lead with something like this, "We know that autism impacts the way that you experience the world around you. This can change the ways you perceive different social situations, like the time that we

\_\_\_\_\_  
*[fill in the blank with a situation where you've seen this play out]*

Because of autism, you also find \_\_\_\_\_ extremely fascinating.  
*[fill in the blank with a restricted interest]*

This is a characteristic unique to you! What other characteristics do you possess that might fit into these two categories? Knowing how these fit can be helpful as you learn to advocate for yourself."

SOCIAL COMMUNICATION STRENGTHS	RESTRICTED, REPETITIVE PATTERNS OF BEHAVIOR STRENGTHS
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SOCIAL COMMUNICATION CHALLENGES	RESTRICTED, REPETITIVE PATTERNS OF BEHAVIOR CHALLENGES
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## REFERENCES

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Shore, S. M., & Joyner, H. R. E. (2004). *Ask and tell: Self-advocacy and disclosure for people on the autism spectrum*. Autism Asperger Publishing, Co.