

## The bearer of this card has PDA

Pathological Demand Avoidance is an Autism Spectrum Condition

I have social interaction & communication difficulties  
I experience extreme levels of anxiety  
I will often feel driven to avoid demands/requests  
I find everyday things very difficult  
e.g. making/attending appointments  
I may react unpredictably, become controlling and/or meltdown easily

Please understand and help me to cope (see reverse)



## Please help me cope by:

- Giving me choices and being flexible (e.g. about appointment times) where possible
- Keeping me informed of what's happening
- Giving me a quiet space to wait
- Allowing me extra time to process information
- Reducing waiting times where possible
- Respecting my need to control my environment
- Communicating with me via:
  - Phone
  - Email
  - Letter
  - Text

Thank you - for further information, please visit:  
[www.pdasociety.org.uk](http://www.pdasociety.org.uk)



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