

Being Me
Being You
How I need you to be,
To be with me

A Merger of Minds Book by Laura Jones

How to use this book

This reader has been made to help people with developmental disability and their supporters to talk together about the different ways we can be with each other. It aims to help start a conversation about the different ways people with developmental disability and complex communication needs want others to be around them. Sharing this book and the related resources can help build up an understanding of the individual person's likes and dislikes and the do's and don'ts that they want other people to know when it comes to being with them. This information can help when making a personalised communication profile so that new people can learn better ways to be with the individual.

You can print this reader so that you can share it as a hardcopy book or you can view it together as a slide show on a computer or tablet.

It can be saved as a PDF and opened in iBooks on an iPad or iPhone.

If the person you support has an AAC system, please model key language on their AAC system or reinforce understanding by modelling comments on their AAC system. Remember to provide pause time so they can also make comments, ask questions and process the information. If the person does not have an AAC system yet, you can download and print a free core vocabulary board from [Project Core here](#).



It can be hard to be you, when you are with people who don't know how to be with you.



Sometimes people don't know how I need them to be when they are being with me.



Sometimes these are new people.
Sometimes these are people I have met before.



Sometimes these are people we have been around lots but they don't understand how to be with us.



Maybe we should tell them?
It might help them understand.



Let's think about this.



How do you like people to be with you?



Do you need different people to be with you in different ways?



Are there some things you want everyone to do that are the same?



What do you like them to do?



How do you like them to talk to you?



How don't you like them to talk to you?



I like it when people talk to me like the adult I am.



I don't like it when people treat me like a child.



I like it when people try to use my AAC toolkit when they talk to me.



I don't like it when they forget to leave space for me to say things too.



How do you want people to be when they are being with you?



I like it when people are calm and relaxed around me.



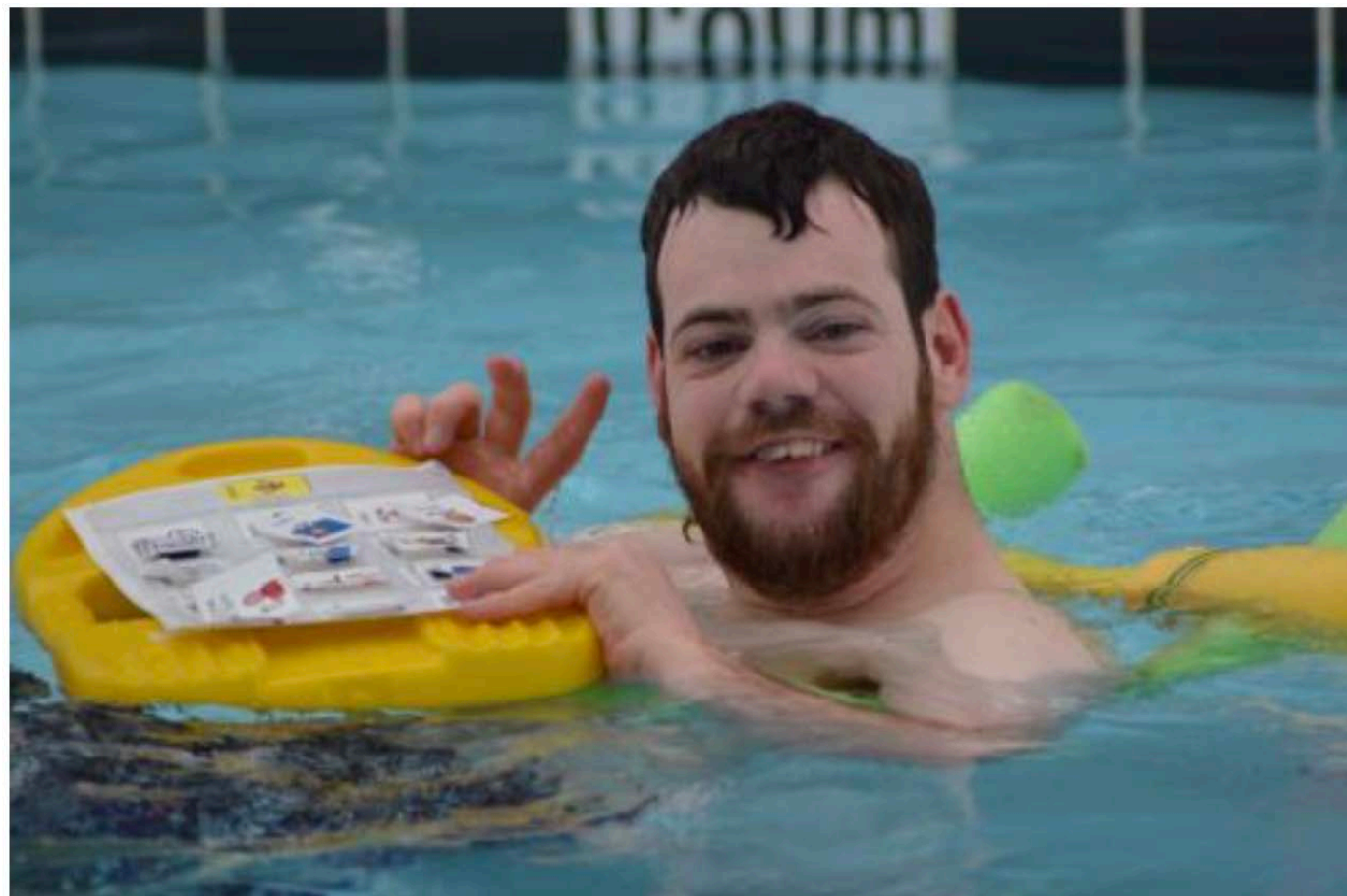
I don't like it when people are loud and move fast near me.



It feels good when people take time to be with me.



But it hurts my feelings when people rush off in a hurry.



I want people to notice the different ways I try to tell them things.



I like it when they see how my face or my breathing changes when they talk to me.



I like it when they take the time to learn how I say yes or no, or I don't know.



I don't like it when they forget to check with me that they have understood what I want to say.



I want people to take the time to be with me.



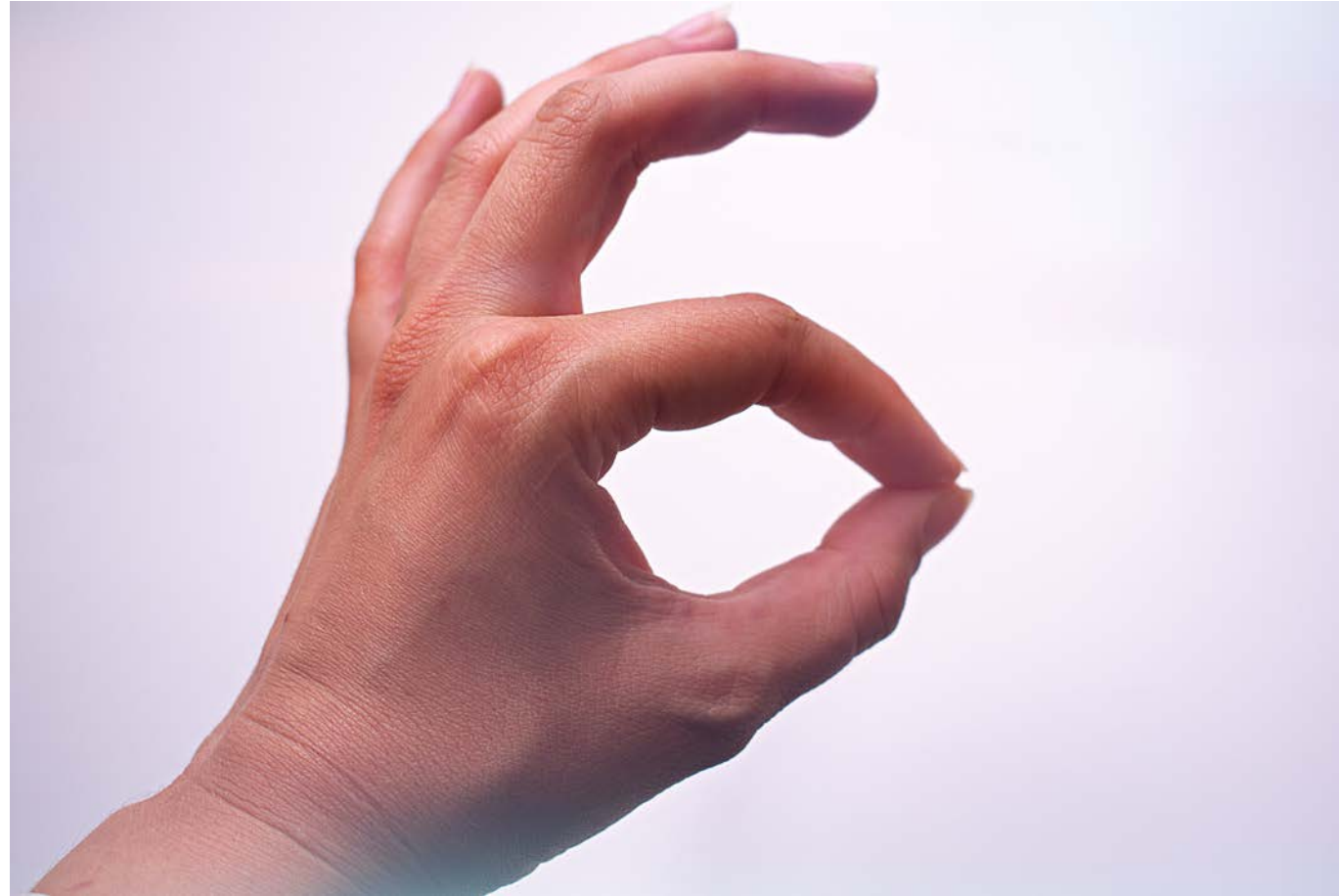
I don't want people to interrupt me when I am still thinking or trying to say something.



I love it when people give me their card so I can get in touch again.



I love it when we can do things together
we both enjoy.



Sometimes I like it when people use some of the things I do to be with me.



With some close friends, I like to hold hands.



With people I love, I like to hug.



But if we don't have that worked out yet, don't touch me! Ask me and don't be upset if I say no!



I can be me when people talk to me, and with me, not about me.



When people talk about me, I don't feel like me anymore.



And I need to be me, to be with you.



What about you?



This reader was created by Microboards Australia using purchased images from istock, free to download images from pexels and images taken during Merger of Minds meetings. Please feel free to adapt this reader to better meet the specific needs of the different individuals with developmental disability you support.

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