



# SPLATVOCATE MAP

The Splatvocate Map is designed for people living with hidden disabilities (Splatties) to communicate to partners, parents, or other

intimate "Splatvocates." Follow the Splat System as see on [www.TalkingSplat.com](http://www.TalkingSplat.com).

**TIP:** Be as specific as possible!  
(see example on page 2)

	what it feels like to me	what I need	what might help	what not to do	what to do for yourself
<p>moped</p> <p>Eurocar</p> <p>sedan</p>					
<p>pickup truck</p> <p>tractor trailer</p>					
<p>freight train</p> <p>asteroid</p>					

	<b>WHAT IT FEELS LIKE TO ME</b>	<b>WHAT I NEED</b>	<b>WHAT MIGHT HELP</b>	<b>WHAT NOT TO DO</b>	<b>WHAT TO DO FOR YOURSELF</b>
<b>M E S</b>	It feels great! I love feeling like a person. But I'm still really tired.	Don't say, "Should you be doing that?" Let me enjoy my good day!	Just don't fall in the trap of thinking I'm all better or that my condition is no big deal. As I have to do the same!	Don't feed me sugar and gluten.	Enjoy quality time with me while I feel good!
<b>P T</b>	My joints are achey and my stomach hurts, and I'm feeling kind of dizzy. I'm definitely clumsy.	Let me have the space and time I need to work through things a little more slowly, or to just lie down for a bit.	Wash dishes. Sweep up the dog hair. Cook or pick up food. Ask me if I want my hot bean thing and heat it for me if I say yes.	Don't plan us a day that requires a ton of exertion. Don't unload an excessive amount of personal stress and venting at me.	Don't make it all about me. Prioritize all the things you want and need to do for yourself today. Your life still goes on!
<b>F A</b>	That all-over ache you get when you have the flu? It's like that. My sinuses and throat are sore. Plus all my joints hurt. All my arthritis spots are throbbing. My brain won't brain. I'm stuck in that weird dizzy buzz you get when you first step off an elevator. I have to give myself a pep talk for every movement. And my intestines hate me.	Walk Amica and bring me food.	Suggest a movie to watch together. Heat up my bean thing. Make me a hot bubble bath with candles. Pet my head.	Don't make loud noises or talk loudly. Don't tap me with your conversational hand gestures. Don't squeeze me. Don't ask me to do stuff for you. Don't ask me to make decisions.	Have a self-care routine ready so you can decompress from the empathetic stress of my condition. Make sure you take time out to do your things.