Remember that everyone with autism is different and their autism will affect them in different ways.

1. **Be clear, precise and literal with your language; use plain English.**
   
   Be aware that there may be a lack of eye contact, unusual body language or way of speaking.

2. **Ask them what help they need, such as backing things up in writing.**
   
   Allow them enough time to process and understand what you are saying.

3. **Explain at every stage what you are doing, what will happen next and when.**

4. **Be consistent and do what you say you will do.**

5. **Respect repetitive or unusual behaviours; they might be someone’s coping mechanism.**

6. **Be aware that some people may suffer from sensory overload, and the triggers for this vary (for example, light, sound, smell, touch, personal space).**

7. **Always consider the person’s behaviour in terms of their autism, even if it becomes challenging.**
   
   Ask yourself 'What are they trying to communicate through this behaviour?'

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“Some people with autism also have other disabilities like mental health problems and or learning disabilities but some people do not” - Self-advocate

Learn more at: www.westsussexconnecttosupport.org/autism