

Understanding Autism

Top tips to help you communicate with someone living with autism

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?'

 **#UnderstandingAutism**

"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