

Making Reasonable Adjustments for people with Autism

No presumptions, everyone is different -Find out about how a person's autism affects them. A few questions about what a person prefers can stop any problems later.

Ways of communication -Communicate in ways the person knows best. Verbal conversation may be best as some body language may be difficult to read.

Clear unambiguous language used -Clear precise language used with no confusing terminology (literal meanings). Give only the information needed.

Routines/structures the same -Use structures rather than open ended arrangements to avoid uncertainty. If someone has some rigid routines they follow, try to work with these.

Noise -Try to minimise any unnecessary noise, such as equipment which may make a noise. A quiet environment is best.

Sensory environment -Make sure the environment is not disruptive, avoiding sensory overload. Remember all senses e.g. smell or touch.

Enough time -Give time for people to process the information given to them. Be patient and wait for a response.

Ways to 'escape' -Always ensure the person knows they can leave if they are getting stressed and where they can escape to. For example, a quieter less busy area.

Coping strategies -Some people may have coping strategies that they use in stressful situations – Please find out these.

Same people - A consistent approach is always best, seeing the same professional, going to the same place etc. If not possible please discuss any change.