



HOW CAN I HELP?

1

Treat the person as an individual. Just because they have autism doesn't mean they experience it the same as someone else

2

Take your time when explaining something. You might need to use more information like visuals or sign along

3

Try not to be upset if they say no or cancel plans. They probably really want to come but the anxiety is making it difficult

4

Take a free course on Autism to try and learn as much as you can about Autism Spectrum Disorders

5

If someone with Autism is struggling ask if they need help don't stare. They might not want help but just knowing someone is willing is often enough

6

Be wary of the environment. Something in the environment such as noise or light levels can be very distressing for someone with Autism

