



Autism Enabling (Friendly)

Guidelines

Autistic individuals are often finding that people are autism friendly on their terms and not for the autistic persons. I have put together some autistic guidelines that would be helpful for all autistic individuals so they can feel inclusive in your environment when you have an autism session.

- Turn off any music and keep the noise level down to a minimum, including any background noise
- Turn off lights or turn them down, natural light is much better for our eyes
- Have less people around us as we often can't do busy or messy areas
- Meet and greet option to be available
- One overall person to see us through each stage and use the individual's first name
- Break every stage and everything down for us
- There needs to be more than one option to communicate between the messenger and the receiver
- Visual information is much better for us
- Speak normally, but give us slightly longer to process any information. Be clear and don't use any literal phrases. Be positive and have a kind and caring attitude
- Have a quiet or safe place for us to go to, if we need it
- Walls, carpets and other furnishings should be plain and soft colours, not white as white is bright
- Always think carefully about your environment and always be aware of sight, touch, smell, taste and sound to minimise anxiety and stress
- Allow and encourage clients to bring their favourite soft toy or personal computer game console, with them, but on the terms the sound is switched off
- Staff to receive autism awareness understanding training, by autistic individuals
- Include on your web site clear information about your autism sessions
- Use social stories by Carol Gray to help or guide parents and carers

