



Top tips to help you communicate with someone living with autism

- 1) **Be clear and precise with your language; using plain English**
 - do not rely on the person to pick up on the meaning of your questions and body language
 - avoid using open questions, words with double meaning and humour that could be misunderstood
- 2) **Give the person enough time to process and understand the information you are sharing**
- 3) **Ask them what help they need**
- 4) **Explain at every stage what you are about to do, what will happen next and when**
- 5) **Be consistent in your actions and do what you say you will do**
- 6) **Don't be surprised if there is lack of eye contact, unusual body language or if inappropriate language is used**
- 7) **Respect repetitive behaviours; they might be someone's coping mechanism**
- 8) **Think about the environment and be aware that some things cause sensory overload (for example, light, movement, sounds, smell and touch)**
- 9) **Back things up in writing**
- 10) **Always consider the person's behaviour in terms of his or her autism, even if it becomes challenging**