

Supporting People with Autism

If I am not making eye contact...



It doesn't mean I'm not listening



Don't force me to look at you



It might be helping me concentrate

If I don't respond to your cues...



I may not understand the expectations



Be direct and tell me exactly what to do

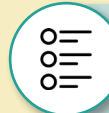


Tell me what you're thinking or feeling

If I misunderstand your instructions or questions...



Wait for me to process the information (don't keep repeating yourself)



Break down the information and be clear



Use visual supports

If I repeat your questions...



This may be how I process information



It may mean I don't understand you



I might be feeling anxious

If I am stressed or anxious...



Give me space and time to feel comfortable



Reduce your verbal communication



Make adaptations to the environment to support my sensory needs