

## Supporting Someone with Autism

### TOP 10 TIPS

1. Find out what the person's difficulties are and what support they need.
2. Ask the person if the environment is ok. Choose a room where there are minimal distractions or sources of stress.
3. Ask the person when they would like to come to appointments. Try to keep appointments at consistent times.
4. Be clear in your communication and say what you mean; Discuss in concrete terms and avoid using non-literal language.
5. Clarify and check understanding.
6. Do not expect eye contact as this may be very difficult.
7. Be mindful of using touch, such as a handshake, as this may be difficult.
8. Allow the person time to process information or formulate a response.
9. Allow the person to take notes during your meeting.
10. Be mindful that attending group sessions or group appointments may be very difficult.