

# 5 top tips for thinking differently about communication



1

**Be clear**

Try not to ask open-ended questions and be as clear as possible when giving instructions. Avoid using figurative language



2

**Processing information**

Allow extra time for people to process information to avoid overwhelming them

**Different ways of communicating**

4

Some people with autism are verbal and some will use alternative methods such as Makaton signing, or communication apps on their iPad. Try to be as accommodating as possible to their preferred method



hello

3

**Say hello**

Address them by their name to make sure they know you are talking directly to them

5

**Avoid noisy environments**



Background noise can affect the way people with autism process information so try to find a quiet space to talk