

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 autistic people 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 autistic people process information so try to find a quiet space to talk