

# ASD Family Help

Registered Charity No. 1135718

## 5 Top Tips Time

### Autism Acceptance and Awareness

1. Autistic people can go on to achieve great things and many can live relatively independent lives. However they may need our help and support throughout their lives. Learn and build on your understanding of Autism.
2. Every Autistic person is unique. It's known as a spectrum and affects people in different ways – It's important to get to know the individual.
3. Autistic people prefer routine and structure, change can make them become anxious. Changes need to be communicated in advance.
4. Autistic people may have some sensory sensitivities including being sensitive to noise, light, touch, crowds and the feel of certain fabrics and textures. We may need to modify the environment to help them feel safe and relaxed.
5. Some Autistic people may find socialising difficult, this does not mean that all do not want to develop positive social interactions with others. Help and support them with their social and emotional skills so they can build on relationships.

### Everyone can help

*“Just finding out a little bit more about autism and talking to your friends, family, classmates and colleagues can make a HUGE difference. Increasing public understanding of autism is one of the most important things we can do. If we all work together, we can create a society that works for autistic people”*

Mark Lever is Chief Executive of the charity the National Autistic Society