

Understanding Autism



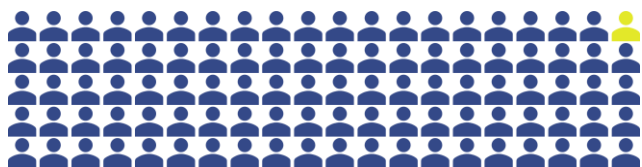
Autism is a lifelong disability which affects how people communicate and interact with the world. There are approximately 700,000 autistic adults and children in the UK.

Autistic people:

- need more time to process questions, requests and instructions
- may struggle meeting new people
- may struggle to pick up on unwritten rules
- may find office environments overwhelming
- may struggle with small talk and workplace relationships

Autistic strengths:

- intense focus
- attention to detail
- considered and reflective approach
- honesty and integrity
- creative thinking



More than

1 in 100 people are autistic

Help for increasing understanding of autism and inspiring people to take action

How to help autistic colleagues:

- give clear instructions and put important points in writing for clarification
- don't rely on body language or facial expressions to communicate
- give anxious or agitated colleagues space and time to recover
- offer to be a buddy for workplace social events



Just 29%
of autistic people are
in employment.

Help make a difference:

- attend one of our free 1 hour Autism Friends sessions and become an Autism Friend.
- become an Autism Friends Champion or Lead to help promote the understanding and acceptance of autism.
- share this information with friends, family and colleagues

Sources: National Autistic Society