



Autism Spectrum  
Information Advice  
and Meeting Point

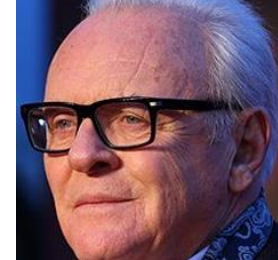
# Autism Inclusion – What, Why & How

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Founder CEO – AslAm

# Awareness or Understanding?



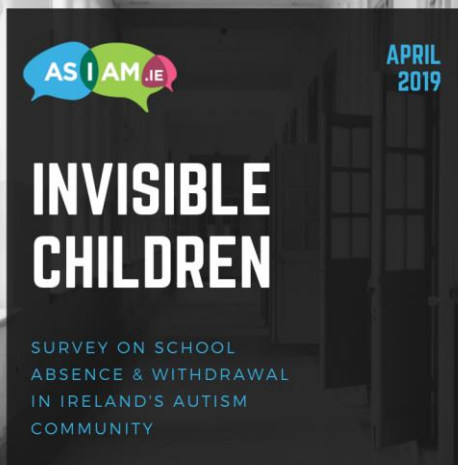
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# About AsIAm



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Teach me AsIAm  
EARLY YEARS PROGRAMME



///AUTISM I.D. CARD ///

Name:

Date of Birth:

Valid To:

I.D. Number:



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# What is Autism?



# Definition

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“A lifelong developmental condition which relates to how a person communicates and interacts with others and how they experience the world around them”

# The Facts

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- 1 in 65 people
- Developmental Condition
- A Spectrum
- Differences in communication
- Differences in thinking
- Differences in sensory processing
- High levels of anxiety and need for sameness
- Co-occurring with many other conditions

# Common Misconceptions

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- There is no one “cause” of autism
- You can’t “get” autism
- There is no “cure” for autism
- We aren’t all “a little bit on the spectrum”
- Autism is not an intellectual disability
- Not every autistic person is a genius
- Autism is really a boy thing...
- Parents just need to be firmer...
- Can an autistic person...

# What is it like to be autistic?



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# About Me



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# Key Differences

# Communication

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- May not communicate using words
- May need extra processing time
- May understand words exactly as they are spoken or written down
- Facial expression and body language may be confusing
- May not use eye contact

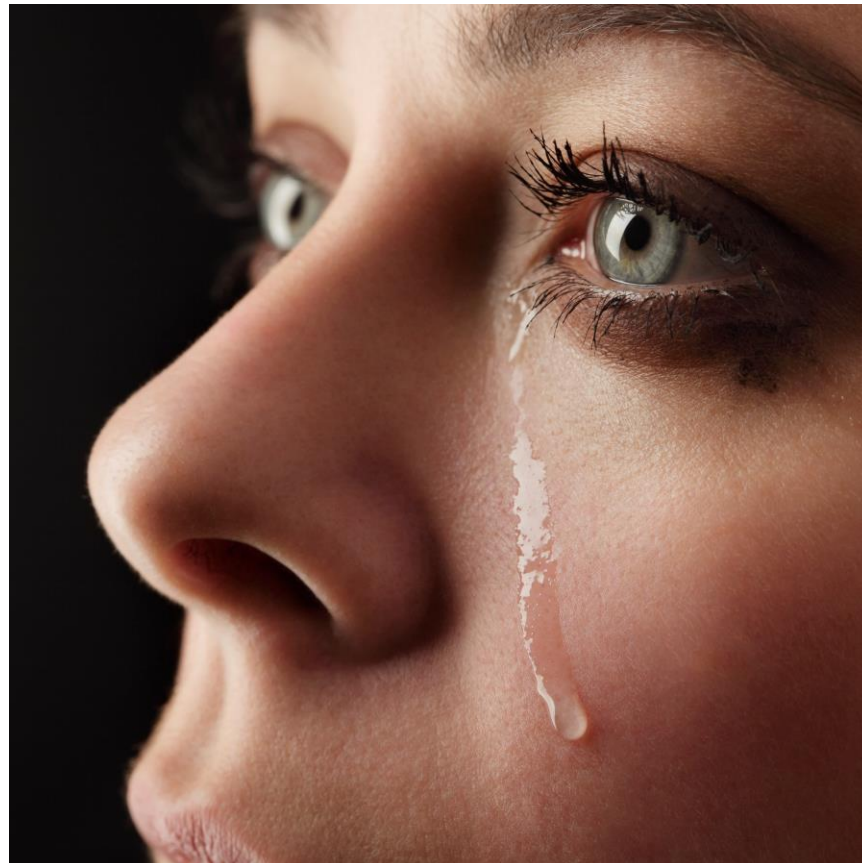
# Social Imagination

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Can you explain to me what sad looks like?

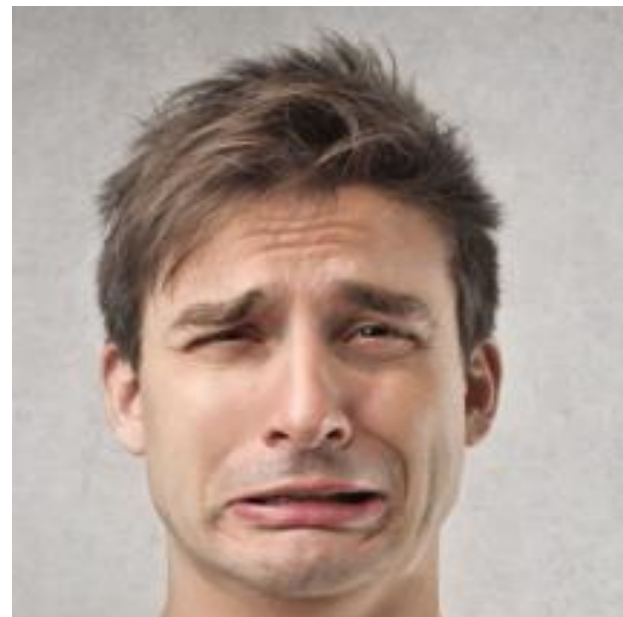


# So these people are sad...

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# Lets look at the bigger picture...

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# Sensory Processing



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- Hyper or hypo sensitive to sensory environment
- May find it difficult to filter
- May find it difficult to sit still
- May notice things in the environment that others do not
- May find some tasks challenging to do
- Sensory triggers
- Sensory overload
- Stimming



# Strengths

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- Scattered skillsets
- Special interests
- Ability to focus on detail
- Consistent
- Loyal / honest

# COVID-19

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- Loss of routine and predictability
- OR opportunity to retreat from an inaccessible world?
- Loss of hard and soft support
- Changing rules
- Overwhelming news cycle
- Co-occurring conditions
- Exemptions & public attitudes



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# How can we be autism-friendly?

# Autism is an accessibility issue...

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- Communication
- Predictability
- Sensory Processing
- Judgement and Attitude

# When we meet an autistic person...

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# The Superman



# The Mammy



# The X-Ray Man





# The Judge



# The Bar Stool Expert





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# **What should I do when I meet an autistic person?**



# 1. Being Clear

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- 💡 Say what you mean
- 💡 Be concise
- 💡 Don't rely on body language or facial expression
- 💡 Find a mode of communication which works

## 2. Being Patient

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- Don't rush a person
- Ask one question or give one piece of information at a time
- Give a person the time they need to comprehend, consider and respond
- Write things down or use pictures

### 3. Reaching Out

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- Proactively reach out to autistic people in your community, particularly during COVID-19
- Always invite, never force
- Be supportive of families by your presence

## 4. Being Aware of the Sensory Environment

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- Less is generally more
- Find a space which works best to engage with a person
- Use an autism lens to think about the environment
- Do one thing at a time
- Keep things calm
- Let the person do what they need to do to adapt

## 5. Fill in the Gaps

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- What is obvious to you may not be obvious to everyone
- Tell a person what to expect
- Allow a person to ask questions in advance
- Let a person know if plans change

## 6. Being Accepting

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- Don't stare
- Don't make a fuss
- Don't judge
- Accept that different forms of communication, interaction or sensory processing are no less valid



## 7. Watching Your Language

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- Most autistic people prefer “autistic” to “person with autism”
- Don’t use negative terms such as “disorder”
- R-word
- S-word

## 8. Challenging Stigma and Bullying

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- Be proactive
- Openly discuss autism
- Don't be a bystander

## 9. Listening and Learning

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- Nothing about us, without us
- Empower autistic people to direct what support, if any they need,
- Actively listen to autistic people and family members

## 10. Seeing our Abilities

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- Focus on a person's strengths
- Engage with the person on areas or topics they are interested in
- Try to talk about and highlight what a person can do and not focus on what a person finds challenging

# What autism-friendly measures are there?

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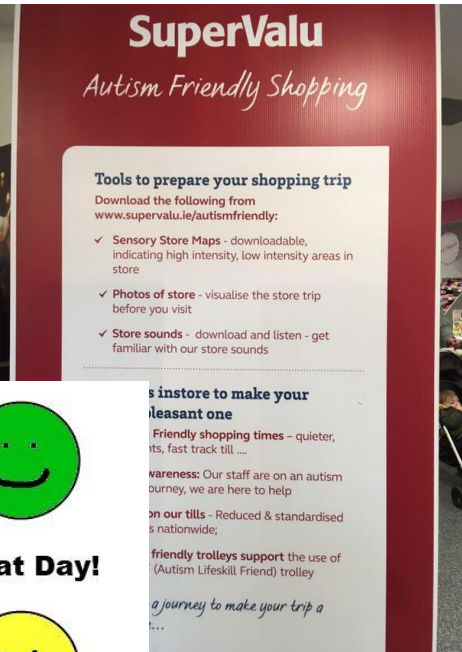
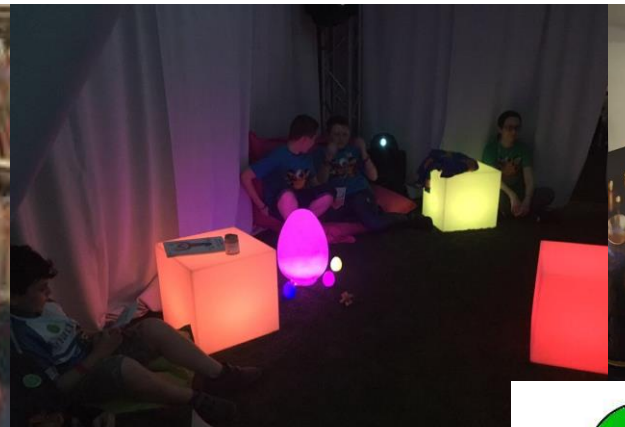
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- Training
- Increased understanding amongst customer/user base
- Quiet spaces / quiet times
- Social Stories
- Sensory audit
- Website / Detailed information /Videos
- Alternative means of communication
- Opportunity to disclose / explain (All about me booklet)
- Communication stickers
- Ear plugs
- Stimming toys

# In communities...



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# During COVID-19...

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- Don't judge or jump to conclusions
- Be sensory aware
- Limit stress or demands
- See the community as a vulnerable group
- Be kind e.g. queuing
- Manage the social distance yourself
- Be patient
- Be clear





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# Thank you! Questions?