

Top tips to Include Autism everywhere



Autistic people are all very different from each other. If you don't understand something or want to support someone, **ask them what they need.**



If someone is moving in a way that doesn't make sense to you, they might be stimming. This is a repetitive movement for self-regulation. **It is really important to let people stim.**



Capabilities can vary from day to day and hour to hour. Please don't assume what someone can or can't do.



Respect that some people communicate differently.



If someone is having a meltdown or shutdown, **give them space** and don't judge.



The world can be really overwhelming sometimes for autistic people so **give them more time** to process information.