

# Tips for autism-friendly and inclusive interactions



**Every time you adjust your own behaviour and environment to accommodate a diverse range of capabilities, you're helping to create a world where no-one on the autism spectrum is left behind, and that's real change.**

## These tips were developed in conjunction with people on the autism spectrum.

You can help by being patient and understanding. Many people on the autism spectrum find reading social cues and body language very challenging.

Be careful not to judge these differences negatively, but focus patiently on the purpose of the communication. Autistic people interact and communicate differently.

If you take the time to listen, you may learn some really interesting things. Focus on a person's ability, interests and unique perspective.

Give people the space and time they need to process their surroundings, and understand if they need to exit a situation quickly. Sometimes autistic people get overwhelmed by sights, sounds and/or smells in their surroundings, especially when places are busy.

Sometimes autistic people take words and phrases literally or have trouble 'reading between the lines'. As a result, they may need to clarify (even if this means going back on previous comments). Don't be offended if someone repeats your words back to you - they're just making sure they've understood you correctly. To help, keep your communication direct, clear and easy-to-follow.

Treat everyone with dignity and respect. People on the autism spectrum have the same emotions as everyone else.

People on the autism spectrum can appear very frank, honest and matter of fact. Remember this is often a part of being autistic, and there's no intention to be rude or inappropriate.

Eye contact can be hard for people on the autism spectrum. Don't expect or force eye contact. Go with what works for them.

**Any questions? Get in contact with us!**

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