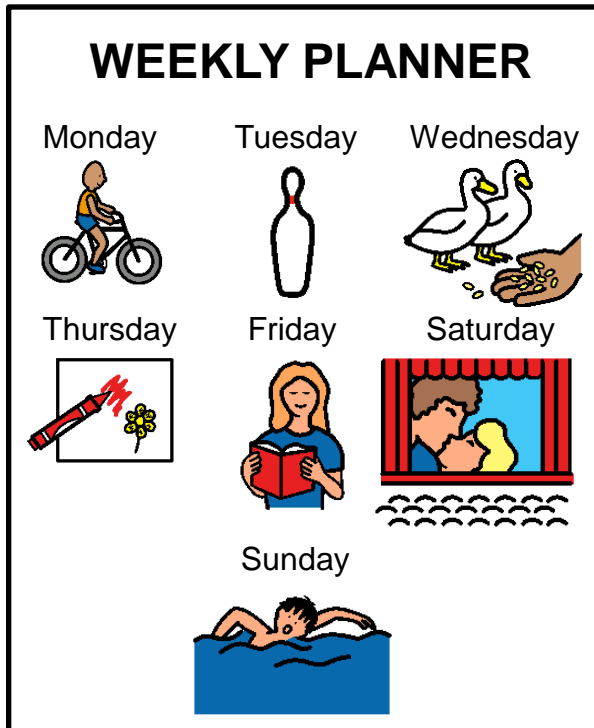


Individuals living with Autism Spectrum Disorders need...



Their surroundings to be calm and organised



A regular routine. This should be stuck to by all carers. Daily activities should be explained clearly



To be taught how to cope when they become stressed



Any new activities to be introduced slowly. They will need lots of support with this.



For people to speak to them very directly. They might not understand your facial expressions and body language

A b c

People to talk to them using simple words



A b c



Books with a mixture of words, pictures, and symbols