

CAN YOU SEE ME?

Supporting individuals with autism to
access cafes and restaurants

BE CLEAR



Be clear and concise



Don't use figurative language - idiom and metaphors can be confusing



Don't rely on gesture, eye contact or body language to communicate or direct someone

BE ACCEPTING



Initiate social interaction, if the individual needs help they may not feel confident enough to ask



Keep social chit chat to a minimum. Stick to purposeful conversation



Support with social rules and conventions such as finding a vacant table

BE PREDICTABLE



Provide a limited number of options rather than free choices



Clearly explain the process for ordering and paying for food



Be specific with questions (e.g. "do you want a drink" rather than "what can I get for you?")

BE SENSORY AWARE



Offer a table in a quieter area



Accept the individual using equipment such as dark glasses or ear defenders



Be aware that strong smells, bright lights and loud noises can cause distress