# 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



Initiate social



**BE ACCEPTING** 

a minimum. Stick to

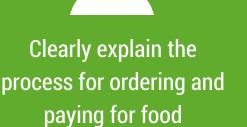


and conventions such as

#### **BE PREDICTABLE**



Provide a limited number of options rather than free choices





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

