

# CAN YOU SEE ME?

Supporting individuals with autism to access sports and fitness activities

## 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 especially within team activities

## BE PREDICTABLE



Provide a limited number of options rather than free choices



Clearly explain the process for booking and payment



Be specific with questions (e.g. "do you want to try group cycling?", rather than "what type of activity do you want to try?")

## BE SENSORY AWARE



Advise the individual of quieter times where there are less people around



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