

# CAN YOU SEE ME?

Supporting individuals with autism to  
access youth and social clubs

## BE CLEAR



Be clear and concise

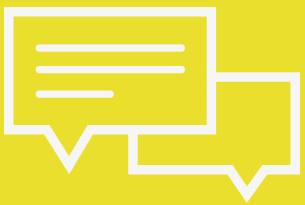


Don't use figurative language - idiom and metaphors can be confusing



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 turn taking

## BE PREDICTABLE



Provide a limited number of options rather than free choices



Provide additional structure in team activities



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

## BE SENSORY AWARE



Help the individual to focus on what you are saying by moving to 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