

# How others know this means you are autistic

The wristband does not state that you are autistic the image and card do. All identification tools have a distinct pattern of A's as below:



We have promoted this pattern and provided information about autism to a range of high street businesses, community organisations and leisure activity providers. They may recognise that someone wearing the band is autistic.

You should be aware that the general public may also recognise what the pattern means, and so if you do not want others to know that you are autistic should not use it.

# CAN YOU SEE ME?

## FURTHER INFORMATION

To view the information we have provided to businesses and organisations and more supportive resources visit us at:

[AutsimWales.org](http://AutsimWales.org)

or email:

[AutsimWales@WLGA.gov.uk](mailto:AutsimWales@WLGA.gov.uk)

## Information for Autistic Adults



This leaflet explains the 'Can you see me?' scheme for autistic people.

## Why we have developed this scheme

Many autistic adults have told us that they find it difficult to access high street businesses and community activities, and often staff in these services do not understand their needs.

It was suggested that we create a way in which adults can let others know that they are autistic, and link this to our work to raise autism awareness and understanding.

We weren't sure whether this would be acceptable to adults, so we conducted a survey, the results showed us that this approach would be welcomed by the majority of autistic adults.

## How you can let others know you are autistic

We have provided you with 3 options, you can choose to use none, either or all of these:

- a wristband
- a plastic card
- an image for your mobile

This scheme is not compulsory; you do not have to use the identification tools. If you do not want others to know you are autistic you should not use them.

## How you will know if an organisation is part of the scheme

Businesses and organisations will display a window sticker with the same pattern to let you know they are autism aware.

## What the scheme provides

The scheme involves autism awareness raising amongst a range of organisations and allows individuals to identify that they are autistic to others.

It does not provide any cost reductions or other benefits.

## Costs

The scheme has been funded by the Welsh Government and is therefore provided free of charge to you.

