

Understanding autism

Autism is a lifelong disability which affects how people communicate and interact with the world. There are approximately 700,000 autistic adults and children in the UK.

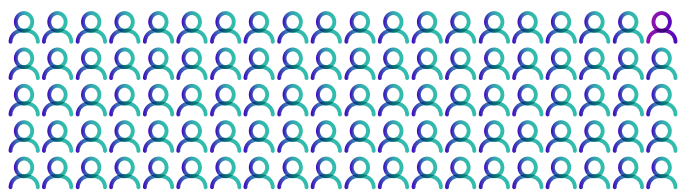


Autistic people:

- need more time to process questions, requests and instructions
- may struggle meeting new people
- may struggle to pick up on unwritten rules
- may find office environments overwhelming
- may struggle with small talk and workplace relationships

Autistic strengths:

- intense focus
- attention to detail
- considered and reflective approach
- honesty and integrity
- creative thinking



More than

1 in 100

people are autistic

Help create a
society that works
for autistic people

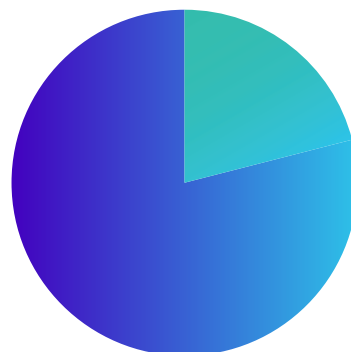
What does autism acceptance mean to you?

“Being comfortable having a conversation about how my brain works differently and how this might hinder and help my personality”

Chris Packham CBE, autistic man and National Autistic Society ambassador

How to help autistic colleagues:

- give clear instructions and put important points in writing for clarification
- don't rely on body language or facial expressions to communicate
- give anxious or agitated colleagues space and time to recover
- offer to be a buddy for workplace social events



Just 29%
of autistic
people are in
employment.



National
Autistic
Society

www.autism.org.uk