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Tips for Communicating with People on the Autism Spectrum

Some people with Autism Spectrum Disorder (ASD) typically have difficulty with social understanding, communication and flexibility of thought. However, many people on the Autism Spectrum are of average or higher intelligence.

- Talk where there are minimal distractions or sources of stress around the individual. Try to avoid flashing lights, annoying sounds or crowds of people.
- Be prepared to repeat what you say.
- Be patient!
- Allow extra time for the person to make decisions.
- Do not pressure people to have eye contact with you.
- Be aware that many people on the autistic spectrum struggle to understand non-verbal communication like body language, gestures and facial expressions.
- Use concrete examples and items.
- Avoid touching without permission.
- Keep communication simple.