

REASONABLE ADJUSTMENTS

HOW TO MAKE YOUR PLACE OF WORK OR EDUCATION MORE INCLUSIVE

PROVIDING ACCESS TO A QUIET SPACE

Individuals with autism may find high sensory environments overwhelming and difficult to manage. Providing a designated quiet space allows people to regain control of their sensory systems and focus on the task at hand.



ALLOWING SHORT BREAKS IN BETWEEN TASKS

Breaks in between tasks are vital for those with autism to avoid burnout. Without structured breaks people with autism may forget to take them due to the high expectations and standards they will try to meet. They may also be hyper focused and as such may not notice the passing of time.

NOTIFYING INDIVIDUALS OF CHANGE

Change can be daunting for anyone, but for those with a diagnosis of ASC it can be debilitating. Making your neurodiverse community aware of change with as much notice as possible can reduce anxiety, low mood and stress.



PROVIDING AUTISM TRAINING FOR STAFF

In the Health and Social Care Act (2022) it was announced all service providers must provide staff with autism training. However, this training is vital in all industries to provide an inclusive environment that promotes growth. Please get in touch to hear more about our bespoke training services.

THE MORE YOU KNOW AUTISM SERVICES.
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Get in touch on:
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