GUIDANCE FOR SUPPORTING PEOPLE WITH AUTISM

There are many ways that we can support people with autism in our schools, universities, organisations, communications, meetings and events. Here are a few of our favourite and practical tips for supporting neurodiverse people in our community. Please note that these will not apply to all neurodiverse people, but it's a good start to being more inclusive.

Save the Children

→ Use a san serif font. These fonts do not have the little flicks or "serifs" on the letters, making them easier to read. Fonts such as comic sans, verdana or arial are recommended.

→ Use line spacing of 1.2 in documents.

→ In social media posts or documents, reduce colour contrasts, use neutral backgrounds, and avoid neon hues.

→ Support text with icons and visual cues.

→ Communicate the same message twice but in different ways to cater for different learning styles.

→ When running an event, conference or meeting, provide a schedule and specifiy that times are "approximate".

→ If you know that someone with autism is coming to an event, introduce the host early on, specify that it is ok to leave the meeting/event for the bathroom and refreshments, and consider seating them near the door so they can come and go easily.

→ Don't offer a hand shake to someone with autism, wait for them to offer first.

→ Avoid using jargon in important messaging. Some people may interpret things very literally.