

# Top 10 Tips on How to Support Individuals with ASD.

1. Understand as much as you can about ASD



2. Explain at every stage what you are about to do, what will happen next and why – don't overload, make your language short & simple

3. Give the individual enough time to understand the information you are sharing and wait for a response if it is not given immediately (ten second rule)



4. Questions should be clear and direct using language that is easy to understand and use pictures and visuals where necessary – do not rely on the person to pick up on the meaning of your questions or body language

5. Back up spoken words with visual supports



6. Encourage a positive, consistent routine

7. Give warnings about changes in advance

8. Always tell an individual with ASD 'what to do, not what not to do'.

9. Repetitive behaviours might be a coping mechanism and therefore should be respected

10. The environment is important – some people with ASD are particularly sensitive to light, movement, sounds, smell & touch. Try to keep the immediate environment as calm as possible to help alleviate any anxiety.

