

# Autism Awareness

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:

Have communication challenges, from not speaking to needing longer to process information

Can experience intense anxiety in social situations

Prefer routines and can engage in repetitive behaviour

Have sensory issues with noise, light, smell and touch

**"With just a little more acceptance, understanding and a few simple adjustments, more autistic people would be able to enter the workforce and put their amazing talents to use."**

Chris Packham CBE, autistic man and National Autistic Society Ambassador

## Autistic strengths:

Intense focus and attention to detail

Considered and reflective approach

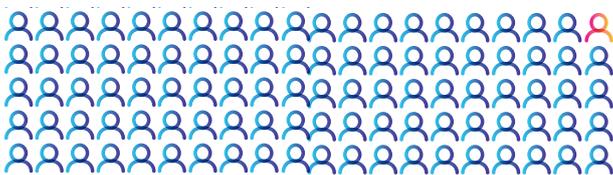
Honesty and integrity

Creative thinking

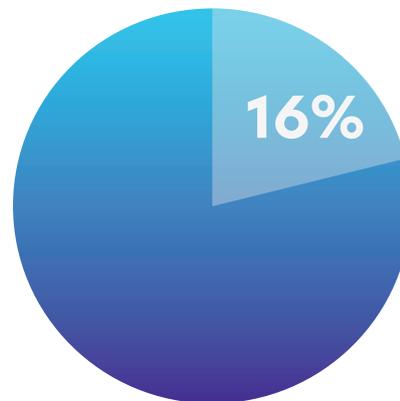


## How to help autistic colleagues

- 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 work social events



**1 in 100**  
people are autistic



**Just 16%**  
of autistic  
people have  
a full-time  
job.

**Help create a society that works for autistic people**