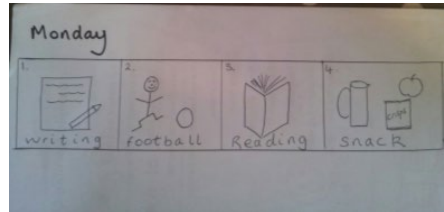
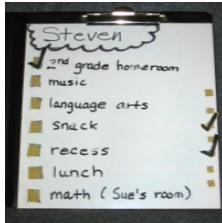


SPELL: National Autistic Society (NAS)

Structure; Structure makes the world a more predictable, accessible and safer place. We can support people on the autism spectrum in creating structured environments using visual information.



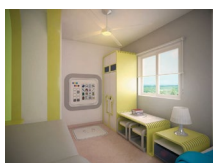
Positive; Expectations should be high but realistic. We must seek to establish and reinforce self-confidence and self-esteem by building on natural strengths, interest and abilities. Praising positive behaviour is essential to a positive mindset.



Empathy; We must try to see the world from the standpoint of the autistic child or adult, knowing what it is that motivates or interests them but importantly what may also frighten.



Low arousal; Approaches and the environment need to be calm and ordered in such a way so as to reduce anxiety and aid concentration. There should be as few distractions as possible, paying attention to noise levels, colour schemes, odours, lighting and clutter, for example.



Links; Autistic people, their parents or advocates should be seen as partners. Recognise the benefits of sharing information and working alongside the individual, their families and other professionals. Open links and communication will reduce the risk of misunderstanding.



NAS Cornwall