

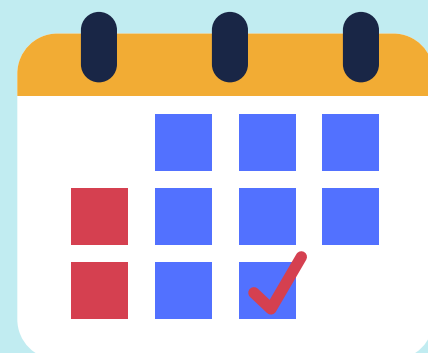
Reasonable Adjustments

For Autistic And/Or People With Learning Disabilities

Created By Autistic People

Plan Your Appointment

Research the person's history and their physical, sensory, and communication needs in advance • Consider the appointment location - would a home visit be less stressful? • Consider offering a longer appointment and/or offering it at a quieter time • Let the person know who will be attending the appointment and why • Don't assume people can read an appointment letter or email, find out their preferred method of communication • Presume competence.



Clear Signs And Communication

Use good signage and directions • Talk directly to the person using their chosen name, even if they are unable to answer (don't infantilise) • Ask if the person has or needs any communication or visual needs - tools that would help them understand and participate (AAC/Makaton/pictograms) • Use short sentences, avoid jargon • Talk directly to the person and involve family/carers for clarification if needed • Allow time for the person to process what has been said.



Have A Quiet/Calm Space Available

Have a room that is quiet/calm for people to go to in case they get overstimulated, tired or need a space to be alone • It is helpful to have this clearly signposted, let people know that it is available and have pictures of the inside of the room available on posters/website.



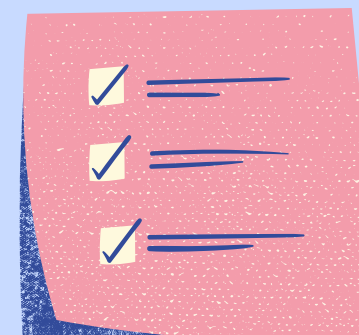
Pastel Colours

This can help to prevent the sensory overload that Autistic and/or people with learning disabilities may get from colours which are very bright and overwhelming.



Easy To Read Information

Have all information available in easy read formats • Use Comic Sans, dyslexia font or pictograms with a pastel background.



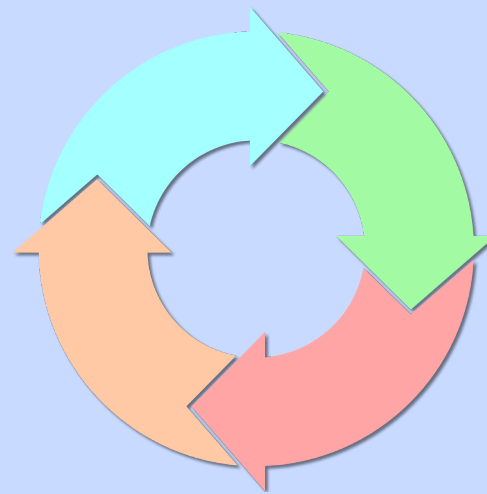
Reduce Sensory Over-stimulation

Lighting can be overwhelming • Use natural or dimmable light to reduce glare and intensity • Use comfort setting/filters on computers • Use soft close doors and drawers to reduce the loudness and shock that can startle and overwhelm • Remove unnecessary equipment and limit interruption.



Be Willing To Adapt Your Assessment

Include tasks which are interesting and relevant to their needs • Explain what you are doing and why • Show the person what you want them to do • Let them interact with the equipment where appropriate • Be flexible and relaxed in your approach • Autistic and/or people with learning disabilities can experience and process physical symptoms atypically so pain scales and asking for descriptions of how they feel may not be effective • Some patients may only present behavioural changes when experiencing a significant medical issue.



Website Content

Make your website and social media pages accessible too - This includes having a font and a visual display that is uncluttered - and use an accessibility widget.



Patient Won't Engage/Can't Engage

If patient can't engage — it's an issue with the environment (accessibility), communication (the way or speed it's presented), a need of the patient not being met • Try to understand the Autistic sensory experiences: light/sound/smell/interoception/proprioception/alexithymia/aphasia/pain etc.

