



**Autism
Acceptance
Month 2023**

**April is
Autism
Acceptance Month**



**Isle of Man
Government**

Reiltys Ellan Vannin

For more information please visit
gov.im/autismacceptance

Top Tips for an Autism Friendly Environment

Tips for making your business or workplace a more sensory-friendly place.



Dimmed lighting can you reduce bright white lights, or create a dedicated lower lighting space?



Reduced noise consider the volume of background music, equipment and staff



Quiet zones could you create a dedicated quiet zone, or quiet hours, for those with sensory issues or hearing impairment?



Alleviate smells can you use minimal or neutral scents in soaps, cleaning products or air-fresheners?



Offer alternatives if someone is overwhelmed could you offer to talk over the phone, via email or writing instead?



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Top Tips for Communicating Clearly

There are some really easy ways to make conversations easier for autistic people or people with autism spectrum conditions (ASCs).



Be kind don't be afraid to ask someone if there's another way they prefer to communicate



Be patient allow extra time for people to process what you've said and to think about an answer



Be clear do not use slang, metaphors or sarcasm - say what you mean



Ask direct questions don't use open ended questions or unclear instructions



Say hello address them by their name to make sure they know you're talking to them



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