

Accessing health services can be uncomfortable for autistic people

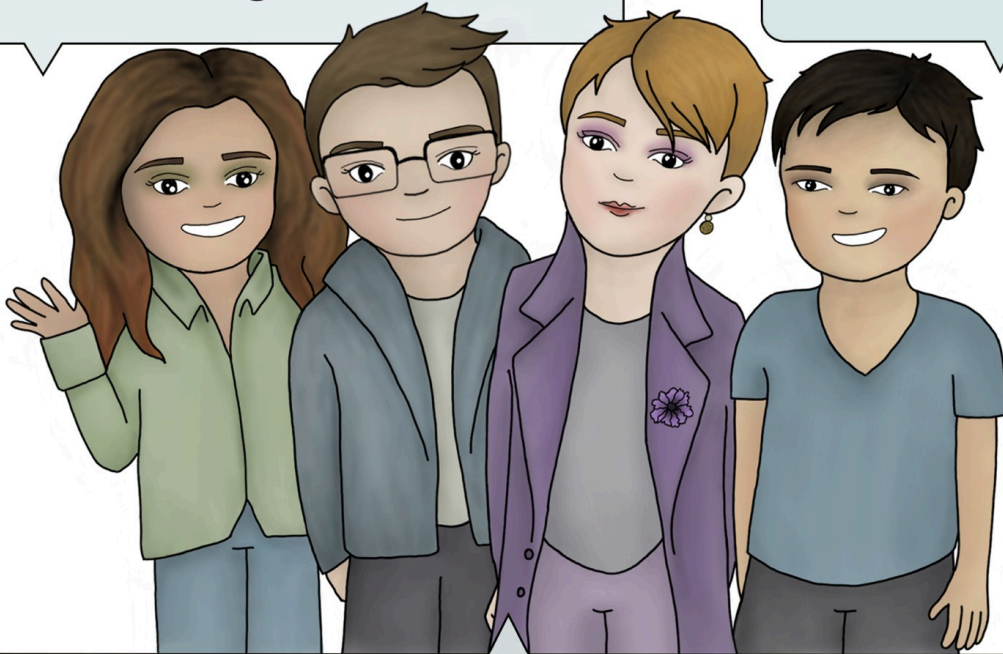
Little things can help. Just ask us.

Offer different ways to communicate.
'Would it be useful to write down your thoughts?'
'Would you like these instructions in writing?'

Questions can be helpful, such as
'Is there something I can do right
now to make this better?'

Offer adding a note on a file

Give notice of
staff changes
for continuity
of care



Always make sure there is a plan after an appointment,
such as 'If something happens, you need to do this...'



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