

Autism Ambassador

Southampton - Hampshire
Isle of Wight - Portsmouth

'I will' statements

The smallest change can make the biggest difference

'I wills' are all about thinking about how you could make a small change to make a big difference for someone with autism.

Think about... in your workplace how could you make a change to make life easier for someone with autism, this could be perhaps by raising awareness or making a change to your environment.

- Think about.... the things that a person with autism may find difficult or stressful.
- Think about....triggers and how to relieve stressful situations when they occur (as they will in all workplaces!)
- You will probably find that everyone may benefit from the changes!

Think Autism!

Examples from our current Ambassadors and other ideas:

“Put a list of resources for colleagues together re supporting people with AS”

“Arrange some Autism Awareness training in my workplace – customer service”

“Create a forum style meeting to promote individuals with AS on a regular basis”

“Source a staff quiet room. Have a quiet area with minimal stimulation for someone to go in they are feeling anxious – no radio, calm colour scheme.

“Review job descriptions to make sure they are appropriate.”

“Put Autism Awareness in the staff induction programme.”

Think about **WHAT** you are going to do

Think about **HOW** you are going to do it

Think about **WHEN** you are going to do it