

Notice for agency support workers.

I am autistic. Please read the following instructions.

1) Please don't do ANYTHING unless you are absolutely sure I want you to do it. Check with me first. Check again every few shifts to make sure you are still doing what I want you to do.

2) To ask me a question:

- Attract my attention.

- Ask me the question once. Be as CLEAR and SPECIFIC as you can. I may not be able to answer vague questions, such as “What would you like me to do this shift?” Better to say something like: “Is there any urgent paperwork we need to do which can't get left until the next shift?” or “Both the washing up and the laundry need doing. Which is a higher priority?”

- Be quiet while I think and don't stare at me.

- It might take me some time to think of an answer. You may need to leave me alone for a few minutes.

If this isn't working, write down what you want to say on a piece of paper and give it to me and leave me alone for five minutes.

3) I find it difficult to start things I want to do. You can help me get started by prompting me to do things. But check first that I really do want to do them.

4) I need to know what to expect. If you know something unusual is going to happen in the future, warn me as soon as you can and help me work out how to cope with it.

5) Please take care not to accidentally touch me.

6) Supporting an autistic person can be difficult and requires thought. It's OK to take a moment to stop and think about what you are doing, or think about what you want to ask me. You are allowed to ask me about my disability.

7) Before the end of your shift, check that you have left things so that I will be able to cope independently until the next support worker arrives.

8) I have more detailed advice about how to support me if you need it.

Thank you.