

Rules: speaking to people and asking questions

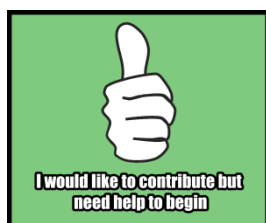
To help us all express ourselves and to ease interactions with others, the 'Autism Communication Cards' have been developed with our Involvement and Collaboration group (the A Team). We use these cards at all our meetings and events where we can.

Everyone at any of our meetings should wear a 'Status Card' with an appropriate colour so you can tell at a glance how to approach someone, or whether to at all.

Note: people may change which card they are using at any time depending on how they feel, so it is important to check this before interacting with someone



A person wearing a white card is telling you “I can manage interactions and do not need help at the moment”



A person wearing a green card is telling you “I would like to contribute but need help to begin the conversation”



A person wearing an Orange card is telling you “Only speak to me if I have already given you permission.”



A person wearing a red card is telling you “Do not interact with me in any way please”

Extra Communication Cards:

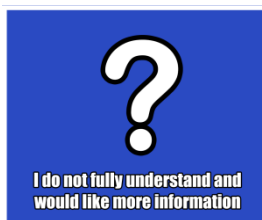
No Touching Card

This card, due to its importance, is worn alongside a 'Status Card' by anyone who has issues with being touched and wants to be asked first.



There are additional cards that can be used if it is felt they would be useful.

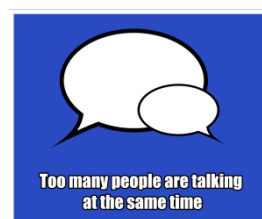
Unlike the 'Status Cards' which are worn, the 'Display Cards' are meant to be displayed only when needed, allowing non-verbal contribution. They can be displayed to the person speaking, or to the person leading the meeting if you feel this would be less intrusive.



Clarification – I do not fully understand and would like a bit more information



Off Topic – I think the discussion has gone off topic



One Voice – Too many people are talking at the same time

Helpful things to know:

During the meeting: You can sit in your chair if you want to. If it is easier for you to listen when you walk around or stand up that is okay. Sometimes people even like to lie down in our talks and that is okay too.

If you need a break or to leave: It is ok to leave. You do not have to wait until the end or feel worried that you are not allowed to leave.

Aplauding: If you want to applaud or clap please use silent clapping as some people may be hypersensitive to loud noises.

SILENT CLAPPING



Reasonable adjustments: We try to make meeting spaces comfortable and have made some adjustments. If there is anything we have not thought of that you think would be helpful please let us know. You can do this in one of these ways:

- 1) Put your hand up and tell us
- 2) Come and tell us
- 3) Hand us this piece of paper and we will work out what we need to change

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Things that need to be considered/reasonable adjustments that we can make in future meetings and events to help people feel comfortable: (write any suggestions below or on the other side of this sheet)