



Autism
Hampshire

Autism and Health

**Supporting autistic adults to access
prescribed health and well-being
activities**



About Autism and Health

The leaflet is aimed at surgery staff as a helpful guide to identify the reasonable adjustments required for autistic people when going to their appointments. It aims to create a more comfortable environment for autistic people's visits.

Sensory Processing in different environments/social settings

Here are sensory input examples to be considered when autistic people are visiting the surgery:

- Lighting - flickering, too bright/dim or buzzing
- Smells - can cause nausea or anxiety. Strong smells could include; paint, air freshener, toilet cleaner and perfume.
- Noise levels - equipment, radio, voices being too loud.
- Temperature - is the room temperature consistent? It could be too hot, too cold or draughty.

It is important that there is a quiet space that an autistic person can go if they are experiencing sensory overload.

Communication

Most autistic people experience difficulty with interacting with others, initiating interactions and responding to others.

Here are some points to consider when communicating with autistic people:

- Say exactly what you mean when giving specific information.
- Provide information in bitesize chunks.
- Be aware of facial expressions and body language.
- Speak clearly and at the pace of the autistic person.
- Allow time for the autistic person to process information and respond. Check if they have understood the information.
- Write the information down or use pictures.
- Have empathy, patience and understanding.

Senses (Interception)

Interception is the hidden sense that allows people to feel internal sensations within their bodies. Some Autistic people struggle with interception and might experience being more unwell than they come across.

Volunteer Opportunities

An important aspect of this project is the recruitment of Autism Health and Wellbeing volunteers who can support autistic people to:

- Meet, reassure and assist a community member who has requested a Volunteer to help them attend a group/activity.
- Advocate for the member if requested to do so by the member, in accordance with GDPR and relevant consent forms signed.
- Support the member on completion of group/activity and make any necessary enquiries on their behalf.
- Liaise with the volunteer team leader to develop the service.

Contact Us



07525906460



autismhealth@autismhampshire.org.uk



www.autismhampshire.org.uk



1648 Parkway,
Whiteley, Fareham,
Hants, PO15 7AH.

