

# How autism-friendly is your practice?

A trip to the GP can be very difficult for some people with autism. Simple adjustments can change this.



## People with autism may:

- > be over- or under-sensitive to light, sound and pain
- > have a very literal understanding of language
- > find open-ended questions difficult to answer
- > need more time to process information
- > respond to medication very individually
- > find it very stressful when appointments run late.

## Adjustments need to be tailored to the individual but consider:

- > asking clear, specific questions
- > giving people time to process what you've said before asking more questions
- > checking people understand what you've said – even if they appear to have done so
- > adjusting to any sensory needs – eg reducing electric lighting if possible
- > scheduling appointments at the start of the day to reduce delays and time spent in the waiting room.

**GPs, nurses, receptionists and other staff all have a role to play in making your practice autism-friendly. For more information visit [www.autism.org.uk](http://www.autism.org.uk).**

Accept difference. Not indifference.