



Easy Read

Actions for Autism Inclusion



Government of South Australia
Office for Autism

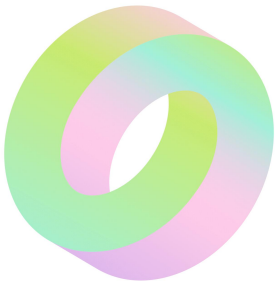


This document talks about the **actions** you can take for autism inclusion.

Actions are the things you can do.



This means making people feel more welcome and comfortable.



Contact the Office for Autism for more information about building on inclusive strategies to support Autistic and autism communities.



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What are the actions?

Learning and understanding	3
Sensory friendly	4
Communication.....	6
Respectful questions.....	7
Start	8

1

Learning and understanding



Build:

- Knowledge.
- Awareness.
- Understanding.

Autism is different for everyone.



You do not always know who is autistic.

Build your knowledge with learning and training.



Share opportunities to learn with people around you.

2

Sensory friendly



Improve wellbeing by having **sensory friendly** environments.

A sensory friendly environment is when the space does not have a lot happening at once.



Set people up for success.

Check the environment and make changes so that it works for everyone.



Make people feel comfortable to **self-stimulate**.

Self-stimulate is when someone does a repetitive action to help them focus or stay calm.

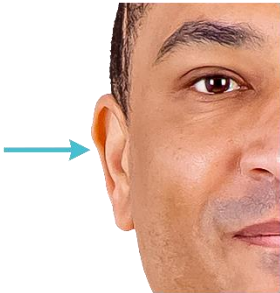
It is also known as stimming.



What can you see?

Check for:

- Bright lights.
- Sun glare.
- Lots of things in the room.



What can you hear?

Check for:

- Echo.
- Machine noises.
- Busy places.



What can you smell?

Check for:

- Perfume.
- Kitchen smells.
- Deodorisers.



What touch happens?

Check for:

- Uniform fabric.
- Handshaking.

3

Communication



Good communication helps connection and belonging.



- Accept different communication styles.



- Work to understand how different people like to communicate.



- Use clear and plain English.

- Check in to make sure people understand.



- Make people feel comfortable with their Autistic traits.

For example, no eye contact.

4

Respectful questions



You do not have to know everything.

Respectful questions are when you:



- Ask questions for meaningful reasons.
- Listen with compassion.
- Learn from the answers.

5

Start

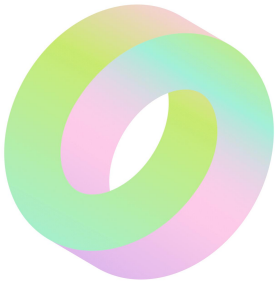


Get started!

Finish what you start.



It is a journey towards autism inclusion.



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