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.

Accept difference. Not indifference.