

What makes an autism friendly space?



Simple changes can make a big difference



Low sensory areas e.g. low level lighting, reduced noise, sensory packs



Predictable and clear information i.e. maps, signs, photos



Calm, safe retreat areas to reduce anxiety



Communication friendly practices and trained staff



Accessible facilities e.g. quiet eating areas, paper towels no hand dryers



Listen to autistic people to shape future plans and services

Autistic people deserve to feel safe, welcome and understood in every local space