



## ASK

if someone is having difficulty communicating with you, ask them if they have a card explaining how to help them or who to contact for them



## LISTEN

Listen carefully to what people say, sometimes people have difficulty finding words or have speech that is harder to understand



## WAIT

Wait for a few moments after a question or instruction, it takes some people longer to understand what you have said and respond



## AUTISM AWARENESS

Be aware that for some people who have autistic spectrum disorders, difficult situations could cause an overload of stimulation and this might make communication harder.



## YELLING IS NOT GOING TO HELP

Even if you are trying to stop someone hurting themselves, yelling probably won't help. Speak slowly, keep your tone of voice calm and reassuring



## SAY WHAT YOU MEAN

say exactly what you mean in words that are easy to understand. Don't use phrases or words that might be misunderstood if taken literally

A #TUNEIN WRISTBAND MEANS SOMEONE  
MAY HAVE DIFFICULTY COMMUNICATING.  
FOLLOW THE **ALWAYS** ADVICE