

TURN it DOWN FOR Autism



An autistic person is likely to find noisy, busy environments overwhelming.

They can struggle to filter out all the movement, background noise, bright lights and even smells. This can be really stressful, making it hard to think clearly and communicate.

Here's five ways you can help

1 Watch a short video



Ask your team to watch this 2 minute video about a young autistic boy struggling in a shopping centre.

2 Turn it down



Can the music be turned down? Have the self service tills got volume controls?

Could you have a regular 'quiet hour' with no music, no announcements and softer lighting?

3 Give people time and space



An autistic person may struggle to communicate when it's busy. A little patience and understanding can make all the difference. You may not realise a person is autistic when you meet them.



4 Try not to judge



When very overwhelmed an autistic child (or adult) may seem abrupt or even very distressed.

This is different to intentionally being rude or behaving badly. They will need a calm space to recover.

5 Join one of our free one hour online workshops



They are presented by autistic adults and a great insight into how autistic people experience things.



There is lots more useful information, including films, on our website.



Surrey Autism
Partnership Board