

# Reasonable Adjustments For Autistic Patients

Possible adaptations that can help



## Quiet & Calm

### Find them a quiet and calm place to wait

Autistic people can struggle with noise, lights, movement, smells etc. A quiet calm place to wait can help reduce stress.



## Clear & Concise

### Use clear, direct, unambiguous language. Give structure

Explain what is happening, what will happen and when. Ensure you have been understood. Be clear, avoid sarcasm, irony & metaphors. Avoid over-familiarity.



## Time For Questions

### Allow enough time for questions and answers

Allow time for the person to process each question and their answer. Ask clear, closed questions if possible. Process of elimination questions can help. If asked to clarify something, do not just repeat your previous answer, something may still be unclear.



## Ask Before Touching

### Autistic people may not like being touched

Ask before touching & only touch if necessary. Explain where you need to touch & why. Stop immediately if asked to. Explain required procedures, both before & during.



## Autism Diversity

### Each autistic person is different

Treat each person as an individual. Check their autism passport. Ask about their needs & how you can help. Do not assume distress is health anxiety.



Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

Reasonable adjustments are a legal duty under the Equality Act



Bristol, North Somerset  
and South Gloucestershire  
Integrated Care Board