

Tips for communicating with people with Autism spectrum disorders

- Use simple language
- Be patient
- Give the person time to answer
- Communicate one idea at a time
- State your message clearly
- Be as clear, concise and concrete as possible
- Speak in a normal tone of voice
- Give specific choices rather than open ended questions
- Some people with autism spectrum disorders may find it difficult to look at you and listen at the same time
- Say what you mean
- People with autism spectrum disorders often have a literal understanding of language. For example, if you use the expression “hold your horses”, the person may respond by asking “Where are the horses?”
- Avoid using ambiguous language that could be misunderstood, for example sarcasm, jokes or metaphors (e.g. “as good as gold”)¹

¹ Scope (Vic) Ltd 2015 / Scope Communication & Inclusion Resource Centre