

# Understanding autism

Autism is a lifelong disability which affects how people communicate and interact with the world. There are approximately 700,000 autistic adults and children in the UK.

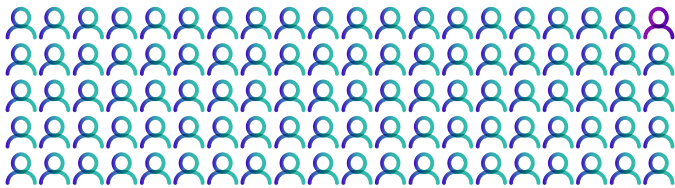


## Autistic people:

- need more time to process questions, requests and instructions
- may struggle meeting new people
- may struggle to pick up on unwritten rules
- may find office environments overwhelming
- may struggle with small talk and workplace relationships

## Autistic strengths:

- intense focus
- attention to detail
- considered and reflective approach
- honesty and integrity
- creative thinking



**1 in 100**  
people are autistic

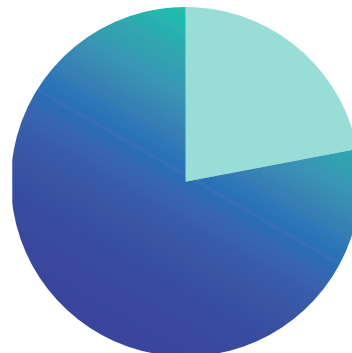
**Help create a  
society that works  
for autistic people**

**“With just a little more acceptance, understanding and a few simple adjustments, more autistic people would be able to enter the workforce and put their amazing talents to use.”**

**Chris Packham CBE, autistic man and National Autistic Society Ambassador**

## How to help autistic colleagues:

- give clear instructions and put important points in writing for clarification
- don't rely on body language or facial expressions to communicate
- give anxious or agitated colleagues space and time to recover
- offer to be a buddy for workplace social events



**Just 22%**  
of autistic  
people are in  
employment.



**National  
Autistic  
Society**

**World Autism  
Acceptance Week  
28 March - 3 April 2022**

**[www.autism.org.uk](http://www.autism.org.uk)**