

# Happy World Autism Awareness Week

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:

Have communication challenges, from not speaking to needing longer to process information

Can experience intense anxiety in social situations

Prefer routines and can engage in repetitive behaviour

Have sensory issues with noise, light, smell and touch

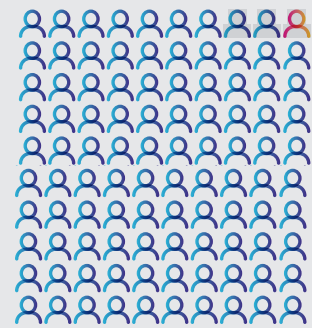
## Autistic strengths:

Intense focus and attention to detail

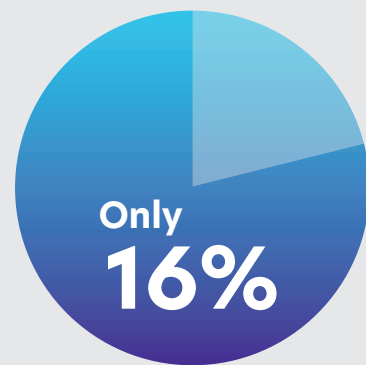
Considered and reflective approach

Honesty and integrity

Creative thinking



**1 in 100**  
people are autistic.



Only **16%**  
of autistic people have  
a full-time job.

## How to help your 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 work social events

"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, National Autistic Society Ambassador