

## How to work effectively with colleagues on the autism spectrum



1

There are many traits to autism. Some may be present in one person but not the other.

2

We don't understand new unspoken social cues - say exactly what you mean.

3

Our honesty can unintentionally appear rude at times - please outline unacceptable behavior clearly.

4

Most prefer written communication. Incorrect interpretation and repetition of instructions is avoided.

5

Unexpected changes in my activities is disruptive - please give enough time to plan for changes.

6

Have an awareness that my raised anxiety levels can cause me difficulty in tasks I should otherwise be able to do.

7

Respectful feedback is welcomed, but please don't frame it in a personal manner.