



<https://www.livewellyork.co.uk/>

Live Well York is a community information and advice website for adults and families. The site enables people in York to find a wide range of information including health, housing, money and volunteering opportunities. There are directories available to help find community activities, events and services in York as well as Latest News to keep you up to date. You can also request to join Live Well York's newsletter mailing list by contacting livewellyork@york.gov.uk.



<http://www.yor-ok.org.uk/>

YorOK is an information and advice website for children, young people and their families that gives information about childcare, education, activities and relationships. York's Local Offer is the provision of special educational needs and disability and helps parents and young people to see what disability services are available in their area and how to access them.

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



Help create a society that works for autistic people

www.autism.org.uk/waaw

What is autism?

Autism is a lifelong disability which affects how people communicate and interact with the world. There are approximately **140,000** autistic school children in the UK.¹

Communication challenges

Needing time to process information

Difficulty with unexpected change

Even small changes can cause huge anxiety

This can lead to meltdowns or shutdowns

Sensory differences

Noise, smells and lights can be very overwhelming

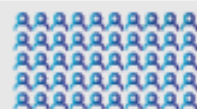
Repeating things and routines

Taking the exact same route to school or liking the same food

"Autistic children might get overwhelmed and if they have a meltdown, don't make it worse. Just be kind and understanding."

Niall Aslam

Help create a society that works for autistic people.

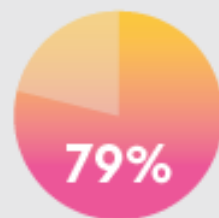


1 in 100

children are estimated to be autistic.²



70%
of autistic children
are in schools like yours.³



79%
of autistic people
report feeling isolated.⁴

Autistic children are
3 times
more likely to be excluded
from schools like yours.⁵



Well-known autistic people



Chris Packham



Anne Hogerty



Greta Thunberg



Niall Aslam

