

# Attention Card and Autism Code Keyring

## To help you connect with the person ...

Display calm body language, give them extra personal space.

Speak slowly, repeat and rephrase questions.

Follow the 6 second rule – ask a question then wait 6 seconds for a response.

Don't use multiple questions, ask one question at a time and wait for a response.

Don't ask either/or questions, be extremely direct in your questioning.

Use concrete terms and ideas, avoid slang.

Use their name constantly at the beginning of a sentence to get their attention.

If you are getting no response, consider writing down questions. People with ASC are generally visual learners.

Give praise and encouragement.

Exercise caution during restraint.

They may have seizure disorders and low muscle tone.

During a meltdown give them personal space, don't interact, leave them in a safe position to calm down.

If they can't make eye contact ask them to look at your elbow.

Seek advice from relatives who know the person.

