## Top tips to Include Autism in the workplace



Talk to your autistic colleague about what support they need.



If you give verbal instructions follow them up promptly with a simple written version.



Explain when and how you will be available to answer questions during the day.



Be flexible with working patterns and let people take short breaks if they need to.



Make deadlines clear, check in on progress and let people know about changes well in advance.



When you set a new task, **demonstrate how** it should be done.

