

CAN YOU SEE ME?

Supporting individuals with autism to access hairdressers

BE CLEAR



Be clear and concise



Don't use figurative language - idiom and metaphors can be confusing



Don't rely on gesture, eye contact or body language to communicate or direct someone

BE ACCEPTING



Be patient, visiting the hairdresser can be very distressing for individuals with autism



Keep social chit chat to a minimum. Stick to purposeful conversation



Support with social rules and conventions

BE PREDICTABLE



Provide a limited number of options rather than free choices



Clearly explain the process including each step (e.g. when washing hair)

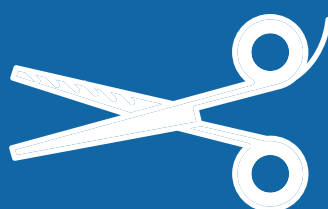


Be specific with questions (e.g. "do you want a different style?", rather than "what would you like today?")

BE SENSORY AWARE



Avoid using water sprays, clippers or other equipment that might cause sensory distress



Provide tissues and allow individual to remove cut hair as often as needed



Be aware that strong smells, bright lights and loud noises can cause distress