

# CAN YOU SEE ME?

## Supporting individuals with autism to access supermarkets

### BE CLEAR



Be clear and concise

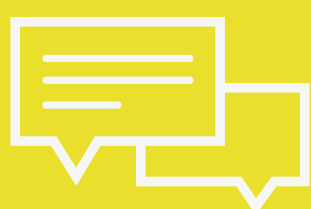


Don't use figurative language - idiom and metaphors can be confusing



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

### BE ACCEPTING



Initiate social interaction, if the individual needs help they may not feel confident enough to ask



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



Support with social rules and conventions such as queuing

### BE PREDICTABLE



Provide a limited number of options rather than free choices



Clearly explain the process for waiting in line



Be specific with questions (e.g. "do you need plain flour?", rather than "what type of flour do you need?")

### BE SENSORY AWARE



Offer to collect goods from chilled, strong smelling or busy areas on the individual's behalf



Accept the individual using equipment such as dark glasses or ear defenders



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