

Easy Read

# Can you see me?

## Information for autistic people



GIG  
CYMRU  
NHS  
WALES | Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



Llywodraeth Cymru  
Welsh Government





This leaflet is about a scheme for autistic people called **'Can you see me?'**



**Can you see me?** is a scheme that can help you let others know you have autism.

## Why we started Can you see me?



Many autistic adults have told us that doing things like going to the shops and using leisure centres is hard. Often staff do not understand the needs of autistic people.



Most autistic people we asked said they would like a way of easily letting people know they have autism. So we started Can you see me?



Llywodraeth Cymru  
Welsh Government

This is a free scheme and is funded by the Welsh Government.

# How you can let others know you have autism



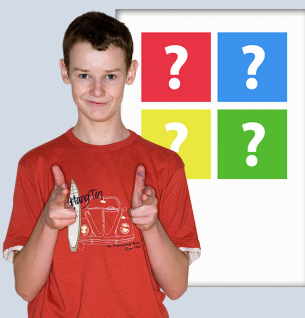
You have 3 options, you can choose none, all or a mixture of the 3:

1. You can wear a wristband
2. You can carry a plastic card with you, and show it to people
3. You can keep image for your mobile

All the options will have a pattern of A's on it, like this:



The wristband does not say you have autism. The image on your phone and the card do say.



You don't have to take part in this scheme. If you don't want others to know you have autism, don't use any of the options.

## How you will know if an organisation is part of the scheme



Ymwybyddiaeth am Awtistiaeth  
Autism Aware

AwtistiaethCymru.org | AutismWales.org

We have given information about this pattern and about autism to businesses and organisations.



Businesses and organisations will have a window sticker with the A pattern to let you know they are **autism aware**.

## For more information



For more information and resources go to our website: [www.AutismWales.org](http://www.AutismWales.org)

**Email:** [AutismWales@WLGA.gov.uk](mailto:AutismWales@WLGA.gov.uk)



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