

DIGITAL BUBBLES

What it is like living with Aspergers and how to help

. A day in our lives of having Autism

- Everybody is different, not one size fits all
- Other traits
- Routines and structure needed
- Doing things properly – no half measures
- Living in an alien world
- To fit in, we need to mimic and copy NT's
- Negative effects, pressure, and not saying 'No'

Building up trust, overcoming barriers

- **Continuity:**
 - have the same person
 - structure and timings to remain the same
 - avoid sudden changes
 - calm and stress free
- **Sensory, think about noise, sounds and colours**
- **You will get it wrong, but it will get better**
- **Everybody is different, work out what works for each person**

Communication Preferences and Form Filling

- Apply lessons learnt building up trust
- Individual communication preferences, need to find what works
- No open ended questions
- Be specific, no vagueness; Kipling's 6
- Yes/No questions work well
- Do not use, Give me an example when.....
- When to stop us talkinggently
- Be prepared to be patient
- Interviewing

Thank You