



# Small changes can make a big difference

**Autism is much misunderstood. But, by following these easy tips, you can help make any workplace, retail or home environment calmer and therefore more autism-friendly.**

- **Avoid bright and flashing lights (especially neon lighting)**
- **Minimise background noises**
- **Reduce strong smells**
- **Avoid distracting movements**
- **Provide a quiet place to retreat to**
- **Clearly identify exit routes**
- **Ask the individual if there is something in the environment which is distressing or distracting, and act on it!**