



National
Autistic
Society



Hello,

The person I am with has an
autism spectrum condition.

Please be understanding and patient with my
companion. Speaking too much can make
them feel worse. Please allow them some
time and space to compose themselves.

.....

Thank you.

Having autism means I experience the world differently and I might
react to certain social situations in an unusual way. I may not
understand everything that is said to me, even if it appears I do. I can
be passionately interested in a particular subject and may talk about
this a lot or become really engrossed in an activity or object.

The world can sometimes be a scary place when you have autism.
Busy, crowded places can be over stimulating with lots of different
noises, sights and smells. This can make me feel scared and anxious,
and I may behave in a way that could be difficult to understand.