

Non-speaking individuals may communicate using vocalizations (scream, yell, squeal) movements (pace, rock or or jump, flap or tap hands, fingers or feet), or externally focussed actions (hit, shove or bite, grab or overturn an item).

SENSORY

- for pleasure, to self-regulate (sensitize or desensitize) or to soothe discomfort by stimming.

Accept stimming without judgement or mirror the stim to engage with the individual.

ESCAPE

- **to avoid doing something; especially instructional or reciprocal**

Reduce expectations including time limits and deliverables, consider a token reward system, use task lists with completion steps and schedules that designate an escape time.

ATTENTION

- to direct your focus when seeking your feedback or response, whether positive or negative

Reward attempts to connect by giving prompt, positive attention after behaviour stops. Proactively build time for individualized attention into your interactions. Ignore unwanted behaviours.

TANGIBLE

- to gain access to something they can't access independently. When trying to access a tangible item

To decode the ask - point, use gestures, offer suggestions, introduce augmentative communication tools. To redirect an ask, only if it can't be accommodated, offer alternative choices.

ABOUT AUTISM HOME BASE

We are autistic adults across the spectrum and their friends and family who work together to organize social and recreational activities, share resources, build friendships, network, and strategize.

Our fun, interactive meet-ups create opportunities to build lifelong relationships, expand our networks, and develop new skills and interests. We offer activities 7 days a week via Zoom and at our community hub.



ASK ABOUT OUR LEAP TRAINING

The 'Lived Experience Autism Perspective' (LEAP) training can be delivered as a 60 minute lunch and learn or a 90-minute interactive discussion designed to support your team's understanding and service provision to neurodivergent community members. Let us help your team:

- Demystify autism
- Brainstorm strategies
- Develop inclusive solutions

LEAP will help you create and foster inclusive environments where everyone can thrive.

[Learn more at: autismhomebase.com/LEAP_workshops/](https://autismhomebase.com/LEAP_workshops/)



**FOR ADVICE PLANNING YOUR SENSORY-FRIENDLY SPACE OR
INCLUSIVE PROGRAM OFFERINGS, EMAIL [KELLY@AUTISMHOMEBASE.COM](mailto:kelly@autismhomebase.com)
TO BOOK A PRIVATE CONSULTATION.**



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