‘I will’ statements

The smallest change can make the biggest difference

‘I wills’ are all about thinking about how you could make a small change to make a big difference for someone with autism.

Think about... in your workplace how could you make a change to make life easier for someone with autism, this could be perhaps by raising awareness or making a change to your environment.

- Think about.... the things that a person with autism may find difficult or stressful.
- Think about....triggers and how to relieve stressful situations when they occur (as they will in all workplaces!)
- You will probably find that everyone may benefit from the changes!

Think Autism!

Examples from our current Ambassadors and other ideas:

“Put a list of resources for colleagues together re supporting people with AS”

“Arrange some Autism Awareness training in my workplace – customer service”

“Create a forum style meeting to promote individuals with AS on a regular basis”

“Source a staff quiet room. Have a quiet area with minimal stimulation for someone to go in they are feeling anxious – no radio, calm colour scheme.”

“Review job descriptions to make sure they are appropriate.”

“Put Autism Awareness in the staff induction programme.”

Think about WHAT you are going to do

Think about HOW you are going to do it

Think about WHEN you are going to do it