

Did you know...

...autism is much more common than you might think?

Autism is a neurodevelopmental condition. This means there are differences in the way the brain processes information.

Raising awareness of autism is one of our key aims & we hope these facts will help you explain to others the impact of autism for children, adults & their families & friends.

There are around 700,000
people in the UK with
AUTISM - that's more than
1 in 100.

AUTISM touches
the lives of 2.8
million people in the
UK every day.

Bullying at school

affects more than 40% of
children with autism.

Autism is a hidden disability

- you can't always tell if someone has it.

At least one in three adults
with **AUTISM** experience
**severe mental health
difficulties.**

AUTISM doesn't just affect
children. Children with autism
grow up to be adults with
autism. it is a lifelong
condition.



People with **AUTISM** struggle with
communication. Some people with
autism are non verbal.

We are proud supporters of the Autism Friendly Football Campaign run by Autism Wessex and backed by Harry Redknapp.



For further information about Autism Spectrum Conditions:

www.autismwessex.org.uk | www.autism.org.uk

How can you help

Give the person enough time

to understand the information and wait a few seconds for a response.

Explain at **every stage**
what you are about to do, what will
happen next and why.

Ask what support
might be needed.

Questions should be clear and direct

using language that is easy to understand and pictures. Do not rely on the person to pick up on the meaning of your question or body language.

• Tips for taking a young fan with autism to a game •

Before the Match

- Talk your child through the day from leaving the house to getting home and revisit this several times before match day. Use photos and simple text they can refer back to:
- Talk through contingency plans to help your child cope if they begin to feel overwhelmed or anxious; and
- Practice your journey to the ground if possible.

On Match Day

- Arrive early to avoid queuing and to let the atmosphere build gradually around you;
- Identify yourself to stewards nearby in case you need assistance;
- Bring a sensory aid, a comforter and perhaps some ear phones; and
- Take refreshments that your child is familiar with.

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