

# AUTISM HOUR



The National  
Autistic Society

**TOO MUCH INFORMATION**

#AutismTMI #AutismHour

## Simple steps to an autism-friendly world

### The National Autistic Society's Autism Hour

99.5% of people have heard of autism, but only 16% of autistic people feel the public understands them. This is why 79% of autistic people feel socially isolated and 50% don't leave the house.

#### But it doesn't have to be like this.

The National Autistic Society's *Too Much Information* campaign is working to change this by showing people the small changes they can make to improve everyday experiences for autistic people.

### What can the world feel like for an autistic person?

Autistic people can get overloaded by everything around them. It's like all the senses are firing at once. Like they're getting too much information. This can make the world a terrifying, isolating place.

Noises, smells, bright lights and the unpredictability of public places like shops and services can be overwhelming for autistic people. This overload can lead to anxiety and meltdowns.

A lack of public understanding means 28% of autistic people have been asked to leave a public space because of behaviours associated with their autism. Overall, 64% of autistic people say they just avoid going to the shops.



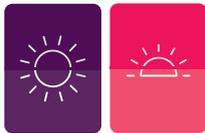


## Why are we taking part in The National Autistic Society's Autism Hour?

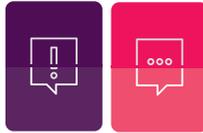
We believe autistic people and their families should be able to access the everyday experiences most people take for granted. During our **National Autistic Society Autism Hour**, we are making our space more autism-friendly by making sure our staff and customers know more about autism:



**Turning down music**



**Dimming bright lights**



**Sharing information about autism**



**Helping customers understand**

By taking these simple steps to an autism-friendly word, we are hoping to show everyone that the smallest of changes can make the biggest impact for autistic people.

## How can I help?

One small change from you could help to reduce the overload.

Whether you're at the shops, on public transport, at work or out with friends, a change as simple as using clear language, having a bit of patience, or avoiding last minute changes can really help.

You can join us and play your part by visiting [www.autism.org.uk/tmi](http://www.autism.org.uk/tmi) and taking the interactive quiz to find out which small change from you could make the biggest difference.

[www.autism.org.uk/autismhour](http://www.autism.org.uk/autismhour)



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