

Common Autistic Communication Needs

Overall Need	Some Accommodations You Might Request
Clear Expectations	<ul style="list-style-type: none">• Specific plans with details about time, place, and what is likely to happen• A clear "yes" or "no," no euphemisms like "I'll think about it"• Meeting agendas that are handed out in advance, and then adhered to• Reading materials, questions, and discussion topics being provided in advance of a panel, interview, or other high-stress public event• Step-by-step, detailed instructions on how to complete a task• Specific, measurable outcomes or goals.

Overall Need	Some Accommodations You Might Request
Explicit Messaging	<ul style="list-style-type: none"> • Not assuming people can use facial expression, tone of voice, posture, breathing, or tears as indicators of emotion • Giving direct explanations of feelings: "I am disappointed right now because . . ." • Recognition and respect of boundaries: "It doesn't sound like Sherry wants to talk about that right now." • Not punishing or judging people for failing to read between the lines. • Using clarifying questions: "What would you like me to do about this?"
Reduced Sensory/Social Load	<ul style="list-style-type: none"> • Having no expectation of eye contact during intense conversations • Giving space to talk about challenging topics while driving, taking a walk, or doing something with one's hands • Allowing people to express emotions and opinions via text, email, or handwritten note • Giving people time alone to reflect on their feelings and beliefs • Learning to recognize fawning, and signs of an upcoming meltdown • Providing frequent breaks from socializing, or quiet spaces people can retreat to