



Advice For Autistic People in the Workplace

Here are some tips and advice for autistic people on coping with change and adjusting to work patterns in a new workplace:



Take your time adjusting to the change:

- Take a 5 minute breather to adjust to a new schedule before continuing with what you were doing before.
- Arrange regular meetings with your manager for a “check in” and review your tasks.
- Make it clear that you need time to process new information



How you can manage your workload:

- Have your tasks/instructions written down.
- Make them clear and short, and break larger tasks down into smaller sections.
- Have a regular timetable of tasks, adding structure to your working day.



Meeting your colleagues:

- Take your time meeting your new colleagues as your getting use to your new setting.
- Have a workplace mentor/named person to speak to regularly about instructions and unwritten rules.
- Some good ices breakers for break room conversation include; the weather, TV and films, sports events, and hobbies. Keep in mind that topics you would normally discuss with close friends and family are not appropriate at work, such as salaries and critical comments.

For more detailed tips and advice; visit the National Autistic Society website, or read the article by an autistic person by experience in the links below:

<https://www.autism.org.uk/advice-and-guidance/topics/employment/support-at-work/autistic-adults>

<https://employmentautism.org.uk/managing-change/#:~:text=Often%20a%20change%20means%20needing,to%20be%20a%20sounding%20board.>