

Meaningful INCLUSION



Neurodivergent people think differently & experience the world differently.

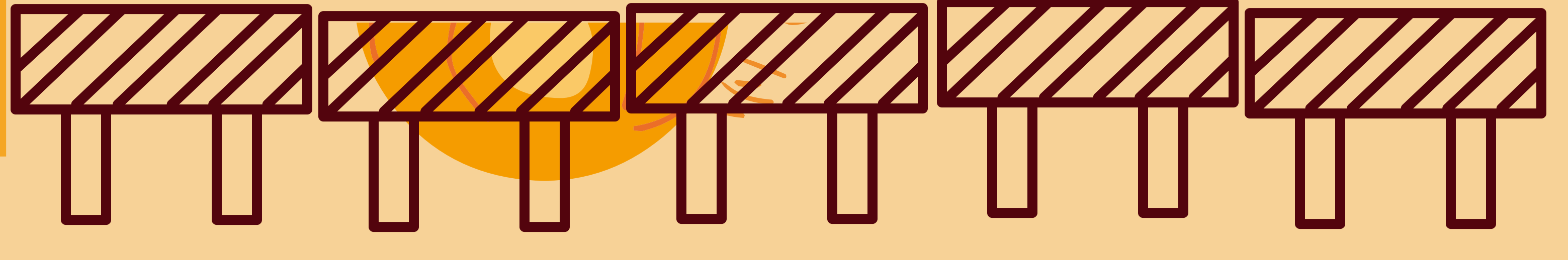
The key word here is **MEANINGFUL**

Meaningful inclusion means being included in ways that facilitate the meaningful engagement and participation of a diverse community.

BEING PRESENT IS NOT BEING INCLUDED



Barriers



Many societal expectations, standards, attitudes, 'norms' & structures are not relevant for autistic people.



They create barriers to inclusion.



Saying a program or service is inclusive, but not **actively working with listening to and developing** programs/services **with** disabled people means your 'inclusion' is tokenistic.



Inclusion

for the autistic community.

(Some basic considerations, not an extensive list)

These can have an incredible impact on our ability to engage and participate meaningfully!

Be open minded- please don't judge or assume- our experiences may be different to yours, but are just as **real and valid.**

You may not know what we need or how we are feeling based on appearance!



Basics



Listen to autistic people- We know more about our needs than anyone else!



Basics



Visuals Clear pictorial versions of any instruction posters staff profiles etc.



Adults use many forms of visual supports too.

Basics



Preparation & Communication Communicate in accessible formats Check best options with the person/group Advanced notice of changes wherever possible



Sensory friendly Avoid bright light, flickering Avoid loud, multiple noise sources Smaller groups /avoid crowding Minimise strong smells Temperature control

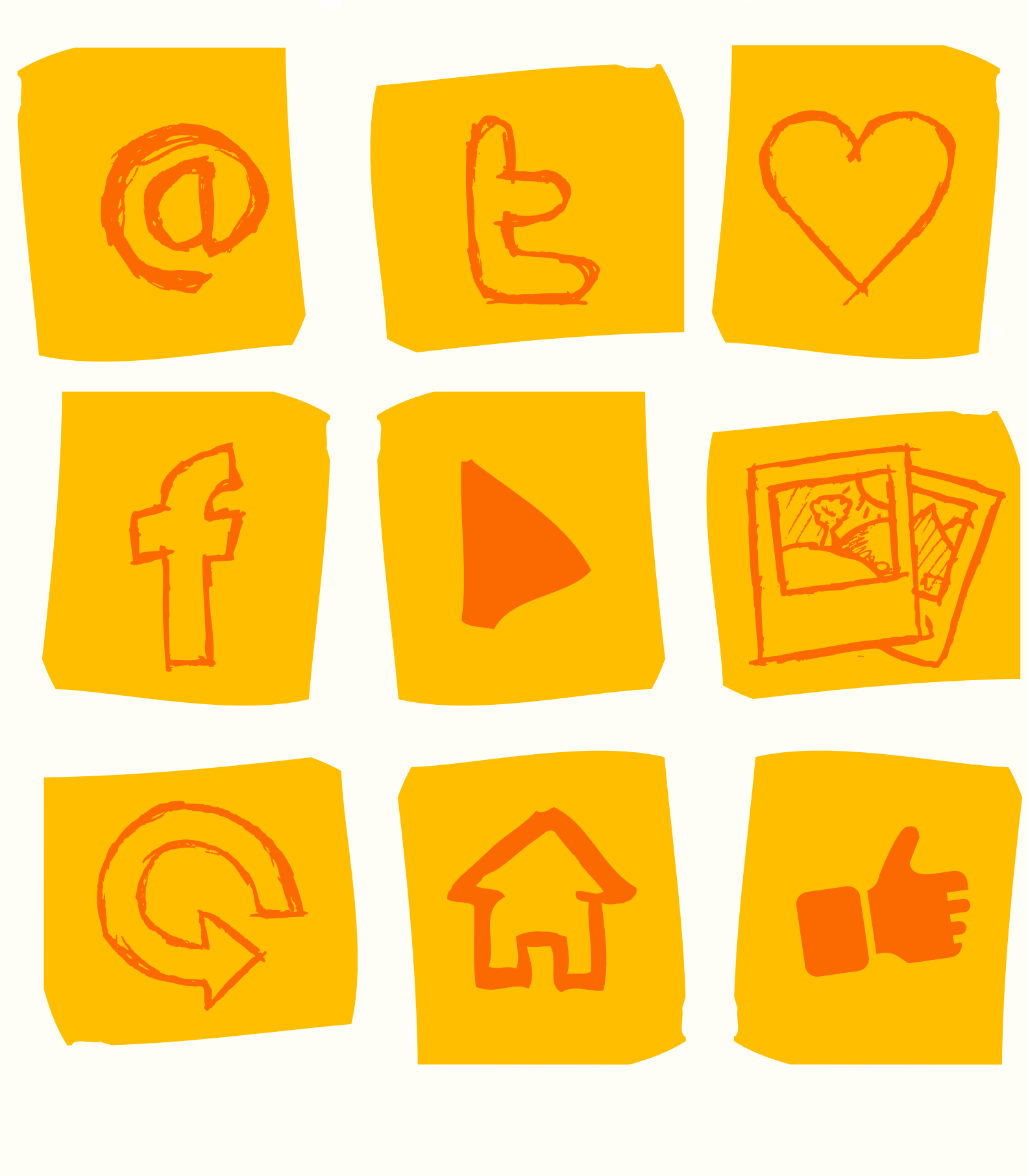


Quiet space Area to access quiet space with sensory tools and fidgets when overwhelmed/increased anxiety-opportunity to self regulate.



Always defer to the person. Autistic people are all different!

We can help!



Contact us-

- Facebook** Fb.me/bendigoautisticadvocacyservice
- Email** bendigoautisticadvocacy@gmail.com
- Website** bendigoautisticadvocacy.com.au
- Instagram** @bendigoautisticadvocacy
- Twitter** @AdvocacyBAASS

Commit to authentic, meaningful inclusion now!

