

If an autistic person is in distress or crisis



COMMUNICATION

Check if the person can communicate what is wrong?

Are there any communication needs you need to be aware of?

Are you communicating effectively?

Do you need to adapt how you communicate with the person?



HEALTH

Check the person's physical and mental health.

Are there physical health issues affecting their presentation?

Are they in pain?

Is there an underlying mental illness?



ENVIRONMENT

Check the physical and sensory environment.

Ask the person about their sensory preferences and sensitivities.

Is it too noisy, busy or too bright?

Is the person sensitive to touch?

Can you make changes to minimise distress?



CHANGE

Check if there have there been any significant or unexpected changes or a build up of small changes in the person's life or routine?

Ask the person and if possible, someone who knows them well what may have caused the distress, what helps in crisis and what are the person's preferences.



KNOWLEDGE

Know the person: Check what is normal for the person.

Are there any co-occurring conditions?

What treatments are they on?

Is there an informant, a Hospital Passport or Advanced Directive?

For specific advice and support working with an autistic adult please email cwp.autismadvice@nhs.net or call 01244 397640