

We have a wide range of information sheets written by our professional staff to provide information and advice about autism. All of these information sheets are available to download for free online, both on our website and our online social network Autism Connect - www.autism-connect.org.uk

General information on autism

- A guide to autism
- Asperger syndrome
- Autism and ageing
- Autism and communication
- Jargon buster
- Introduction to research studies - MEG scans
- Pathological Demand Avoidance - Behavioural strategies
- Autism and sensory issues
- Telling a person about their autism
- Telling other people about autism
- Women and girls with autism

Families

- Autism-friendly cinema
- Choosing a school for a child with autism
- Developing play in children with autism
- Education, Health and Care Plans - An introduction
- Exclusions from school
- Family Fund grants
- Fun activities for children and young people with autism
- Helping children with autism to learn
- Siblings and autism

Interventions

- Autism and sleep
- Autism and technology - Useful apps
- Food and diet
- Choosing autism interventions - Key principles
- Useful tools and schemes - A guide for people with autism

Legislation, employment and further education

- Access to Work - Factsheet for employers
- Access to Work - A guide for people with autism
- Community care assessments - An introduction for people with autism
- Strategies to support students with autism in further education
- Interviewing for a job - Hints and tips for people with autism
- Personal health budgets
- Personal Independence Payments
- Personal Budgets - An introduction
- The workplace - An introduction for adults with autism
- The Care Act - An introduction
- Universal credit - A brief overview

Supporting people with autism

- Autism and behaviours of concern (challenging behaviours)
- Autism and self-injury
- Autism, change and transition
- Managing stress and anxiety - A guide for parents and carers of children with autism
- Managing stress and anxiety - Supporting people with autism
- Autism and stimming

Useful guides

- A guide to travelling by plane for people with autism
- Autism and the CJS: Advice and guidance for professionals

Tips for adults with autism

- Building independence - An introduction for adults with autism
- Dating and relationships - An introduction for adults with autism
- An introduction to friendships for people with autism
- Internet safety and autism
- Online dating
- Autism, sex and relationships
- An introduction to socialising for adults with autism

Information in community languages

These sheets offer an introduction to autism and Asperger syndrome in a selection of community languages. These are designed for people for whom English is an additional language.

A guide to autism

- Arabic
- Bengali
- Nepali
- Polish
- Punjabi
- Somali
- Urdu

An introduction to Asperger syndrome

- Arabic
- Bengali
- Nepali
- Polish
- Punjabi
- Somali
- Urdu