

Living and Studying with Autism - Quick Guidelines for staff**What is autism or autistic spectrum condition?**

Autistic Spectrum Condition (ASC) is a lifelong developmental condition that affects how a person communicates with and relates to other people, and to the world around them. The impact of the condition is different for each person. Some of the main ways in which it affects people include: difficulties in understanding social interaction or communication; issues around understanding social 'norms' and conventions; difficulties forming and sustaining personal relationships; absorbing interests; rigid or repetitive ways of thinking or behaving; difficulties in dealing with change; issues around empathising with others or understanding how others think/feel; anxieties or difficulties in working in groups; a literal understanding of language; the risk of isolation; susceptibility to sensory stimuli.

What support is available at University?

Disability Services will link with a student to establish what support and adjustments they will need in teaching and learning settings, the library, in exams and assessment, in using facilities on campus, on placement etc. The student will be linked with a named adviser who will also discuss with the student about the process of applying for the Disabled Students' Allowance as there may be support workers or assistive software/equipment available to the student through this fund. The adviser can also link students with other support across the University such as Wellbeing, Careers & Employability, Sports facilities, SU Clubs and Societies etc.

Students can get in touch with Disability Services to discuss support:

In Person: Wellbeing and Disability Help Desk, Student Central, 9.00am - 5.00pm, Monday - Friday

By Phone: 01484 471001 (iPoint staff will direct your call when you phone this number)

By email: disability@hud.ac.uk

What you can do?

Be reliable - sticking to arrangements where possible, making it clear how future or last minute changes will be communicated to students, being clear about your role and the support you can offer.

Empathise - aim to understand what is behind a way of thinking or a behaviour, this can often help you and the student tackle the issues that may arise.

Anticipate their requirements - plan ahead for times of change such as field trips, the exam period, the start of a new module/academic year. Provide information and establish how communication will take place between you

Be Logical - aim to be clear, straightforward and unambiguous in written and verbal communication, avoid sayings/puns/implications. Offer information about the course, what is expected of the student and clarification over academic conventions such as word count, hand in dates, the weighting of marks etc.