

**Autism Everyday – presentation to the Healthwatch Mental Health and Autism
Service watch Group 19 May 2017 Sarah Clemerson**

As you go about your daily life before the service watch meeting, and on the day of the meeting, think about what you do using the questions below as prompts:

If you are walking along a pavement what judgements do you make about the people you meet?

What are these based on?

If the pavement is crowded/narrow how do you decide on which side to pass people.

If someone is walking straight towards what do you do?

How do you make these decisions?

When you go to enter a building, shop, workplace, church etc

How do you open the door?

What if someone is leaving through the door at the same time?

How do you know what behaviour is required there

What is it about that environment that tell you what is the expected behaviour there

How do you know where the entrance is?

What do you do?

How do you know whether to go first through the door or to let the person go through the door first.

What is this judgement based on

How do you tell which side of the door the person is going to go through

How do you find your way to the room/area you want?

How do you walk to the room – what do you have to do to co-ordinate/move your limbs.

What does the environment smell like?

What can you hear?

What if you meet someone in the corridor?

How would you greet someone you assume to be of similar background to your self

How would you greet someone you perceived to have more money/education – higher status than yourself?

When you see people what judgements do you make about them?

What is this based on ie age, what they are wearing, how they are behaving, disability, status/class etc etc

How does this affect your behaviour

How do you process this information.

When you get into the room what do you do

How do you work out where to sit

What choices do you make in where to sit

How do you recognise people

How do you choose to sit next to and why

How do you open the conversation

How do you use your mouth lips breath to shape your words

What are you doing when you speak

What are you doing when you are conversing with others

How do you know when to speak

How do you know the person is interested in what you are saying

How do you know the person is not interested in what you are saying

How does this affect your behaviour

What skills do you need to follow the conversation and to reply appropriately

What expectations do you have of others behaviour do have when you are speaking to them.

What is this based on?

**What do you do when your
expectations are not
met.....**