



# How can I help a person with ASD?

- 1** Sensory stimuli may be uncomfortable or painful. Provide a space that is adapted to their needs.
- 2** Remember to distinguish between "I don't want to" and "I can't". Receptive and expressive languages represent great challenges.
- 3** People with ASD interpret language literally. Communicate concretely. Facilitate the transmission of the message.
- 4** Avoid criticizing them. Praise and encourage strengths and talents. Focus on their abilities and strengthen them.
- 5** See ASD as a different ability rather than as a disability.