## About My Autism

I have autism. I may have difficulty communicating and answering questions. I also need more time to process your requests.

## You can help me by:

- speaking calmly;
- telling me that I am safe;
- taking more time to explain everything to me in simple and concrete terms; and
- telling me when I am free to go.

Please consider contacting the person on my envelope if I become too upset or do not understand the situation well. Thank you and please have a safe day.

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