

# Aspergers Syndrome

## Top Tips

Aspergers Syndrome is characterised by difficulties with Social Interaction, Social Communication and Flexibility of Thinking or Imagination. In addition, there may be sensory, motor and organisational difficulties. Here are some simple Do's & Don'ts

<b>Don't</b>	<b>Do</b>
Assume the person knows how to get to the appointment venue	Check they know where it is and that they can get there
Give the person too much information	Use short sentences to give clear and concise information
Don't ask too many questions all at once	Ask 1 question at a time and wait for the answer
Give lots of instructions at the same time	Give 1 instruction at a time
Be vague	Be specific
Assume they can't answer the questions you ask	Ask specific questions like - "Do you feel ill"
Shout or talk loudly	Speak in a soft voice
Speak too quickly	Speak slowly
Treat the person as if they are a child or that they can't understand	Give the person time to take in what has been asked
Rush the person for an answer	Give them time to answer
Argue or become short with the person	Be patient
Change the venue of the appointment	Keep to what was agreed - routine is important!
Don't be late	Keep to the pre-arrange appointment times - routine is important!
Don't assume the person knows what will happen at the appointment - talk to them	Check to make sure the person is willing to be examined and touched
Don't have lots of people in the room during the appointment	Only have 1 professional in the room during the appointment
Have bright lights or lots of noise in the appointment venue	Use a calm environment or better still offer home visits
Make appointments or give out instruction over the telephone	Send a letter so the person can understand the instructions and information that have been given on the telephone
Dismiss family and Carers	Involve family and Carers
Assume the person is able to manage their own medication	Check to see if the person lives alone and if they need help with taking medication
Expect people to be calm and engaging with planned health procedures	Look explore reasonable adjustments - pre-visits to health venues / home visits

### **People display behaviours for a reason.**

Build relationships with all your patients. This should be normal practice and no different for patients with Aspergers Syndrome. Routine is very important for people with Aspergers and Autism Spectrum Conditions. Try not to change appointments dates and times as this can cause a great deal of anxiety for a person with Aspergers or Autism Spectrum Conditions.