

Introducing Happy Holidays



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How can parents, supporters, T-GUIDE's, Tourist Agencies, Tourist actors help people with Autism BEFORE and DURING their Holidays?

Create
PREDICTABILITY

Remove
UNCERTAINTY

Think in **DIVERSITY**
and **ACCESSIBILITY**
for **INVISIBLE**
DISORDERS

Be **OPEN MINDED,**
APPRECIATIVE AND
FLEXIBLE

INFORM and
COMMUNICATE

Happy Holidays needed by people with Autism



Autism is a common Disorder

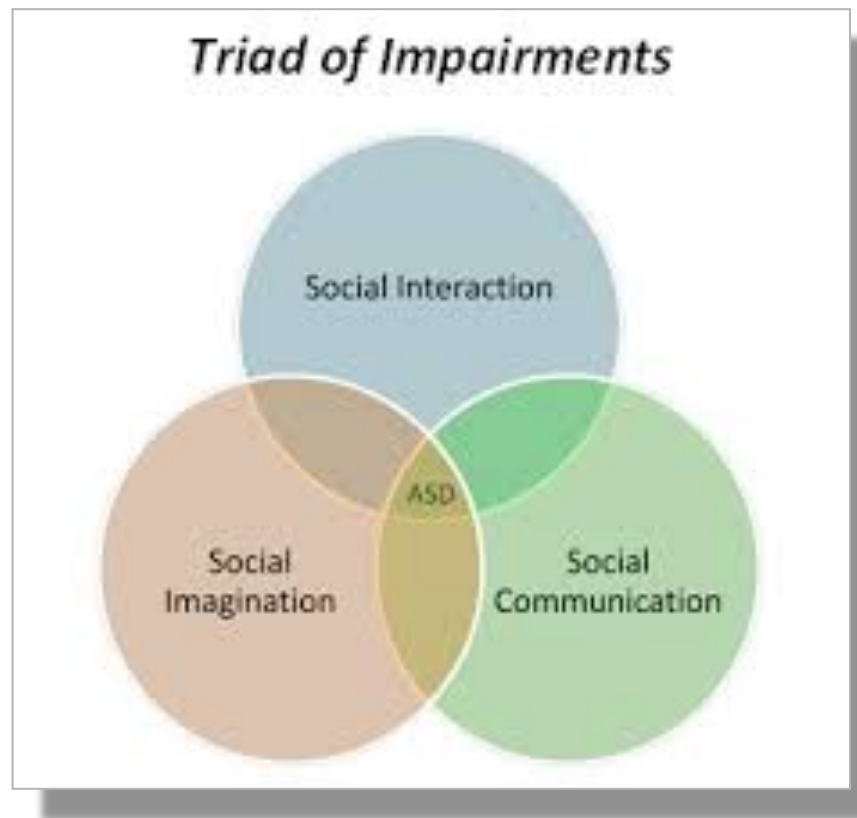
1:68 (The United States)

1:100 (Europe).....Diabetes 1:9 (Worldwide, WHO)

Spectrum and every person is unique

Holidays are difficult when having
Autism, no routines – but all people
need good experiences and joy !

Why difficult? - interacting



Having Autism is hard

Different
perception

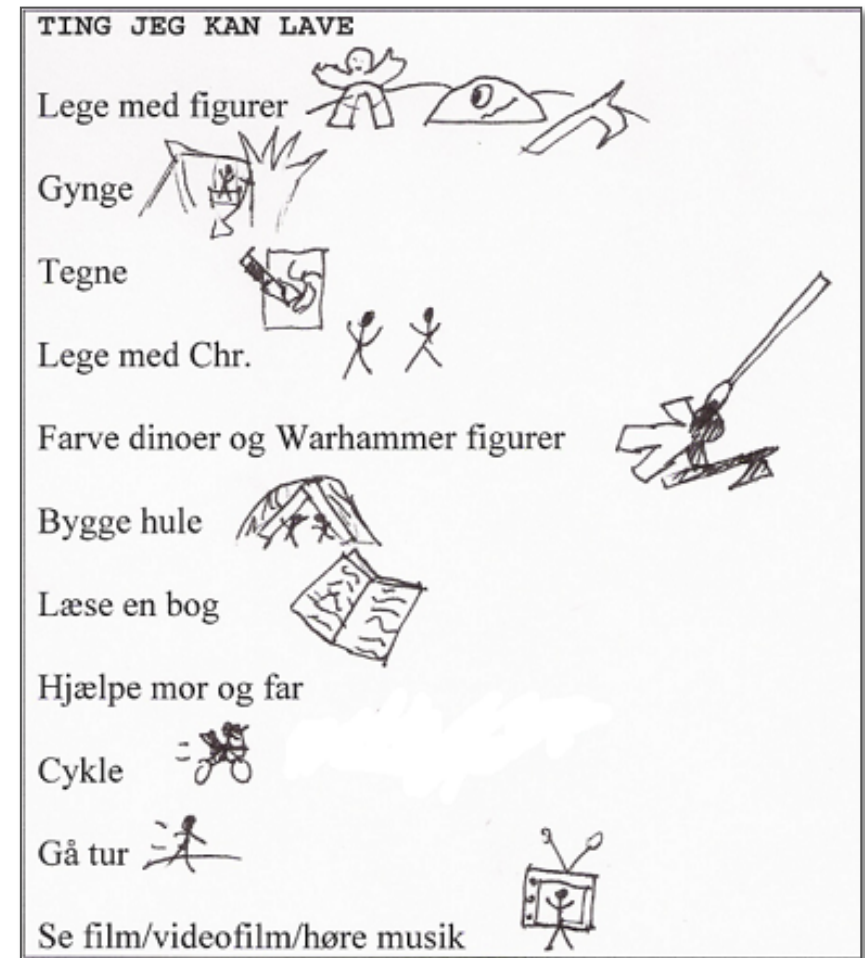
Often unable to manage
many people, they
distract and take energy

Sensory issues
Problems with food,
sleep, stress, anxiety



On job when having Autism – social problems and can't make the structure

- When you have Autism you are not on a Holiday - you are on a job trying reading the surroundings.
- Happy Holidays - create a structure, a plan with pictures and facts, as Autists are **VISUAL** not verbal



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T- GuIDE – be available BEFORE and DURING
the stay to get and exchange important
information to create a PREDICTABLE Holiday

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T-GuIDE: some advice for you...



- Recognize and accept people with Autism are **different** and have **special needs**.
- Accept people with Autism for what THEY are – ***don't start correcting*** them !
- When they have a wish or an issue, then **don't ignore them** – they can't wait – it will occupy their mind until done (very stressful).
- Be open minded, appreciative, flexible.



The problem is not the
person's disability...

The problem is society's
view of the person's abilities.

FB: autismwiththeglassofwine

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ACCESSIBILITY



PREDICTABILTY



Groups: be patient - and please take a look at my link

Make it a small group, start early when few people around. Distract less.

Make a short plan before the event, provide facts/activities, often interruptions – but smile, no hurry



www.youtube.com/watch?v=AbeyIG7Fz8sttps

INVOLVE
children
- touch
- visual



Not everybody has
the same needs



FLEXIBILITY

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VIP Lounges – for who?



APPRECIATION

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Change your Mindset, be open minded, integrate Autism/Invisible Disorders in your thinking, exchange information, create cooperation.

Thank you for joining !

