

How a Business Can Become An Agent of Change.

People with autism spectrum disorder (ASD) may experience difficulties with communications, social skills, and sensory processing. With appropriate accommodations and open minds, stigmas and barriers can be removed to create accessible community spaces for people with autism. There are many ways you can open up your business environment and create an autism-friendly place.

Your Practice

Autism-Friendly Shopping: Once a week, consider holding an “autism-friendly” shopping hour or morning. Turn the loudspeaker down or off and do not play any background music. Try dimming the lights a bit to create a less stimulating environment.

Develop a priority queuing system: where families or individuals could register to access a special check-out line to reduce waiting. This will also reduce anxiety and sensory overload, resulting in more successful shopping experiences.

Consider Hiring Inclusively: Learn about Ready, Willing, & Able and how to hire inclusively.
Contact David Paterson at dpaterson@autismns.ca for details.

Visual Supports: This could include pictures of different areas of your premises, a map of your floorplan, clear information, etc.
Contact Yevonne LeLacheur at programs@autismns.ca for support.

Your People

Quiet Area: provide a place in the workplace for a person to regulate themselves if they are becoming too overwhelmed in a public area. A room with minimal noise and bright lights is ideal. Sensory toys and other activities may be suggested. Let us know how we can help you build a Quiet Room.

Support Staff Awareness: Host an autism awareness presentation. Increased awareness by your staff helps create a more inclusive environment for your clientele.
Contact Vicki Harvey at vharvey@autismns.ca for support.

Offer a job shadowing opportunity: Host an autism pre-employment job shadow experience. Autism NS has employment experience programs where the participants gain work experience in our community.
Contact Jamie-Lynn Black at jblack@autismns.ca for details.

Your Promotion

Hang a Poster: Post Autism Nova Scotia's Autism Awareness & Acceptance Month poster in your window, at your cash or in your waiting room.

#ShineBlueNS: Make a display for April 2-3, 2018 that includes the colour blue with lights or decor.

Acknowledge yourself by using the hashtag
#AgentofChangeNS: Connect your ongoing efforts by using #AgentofChange, #AutismInclusionNS and #AutismAcceptanceNS.

Host an autism-friendly event: Demonstrate your commitment to understanding, awareness, and acceptance in our community by hosting a unique event.

Host a fundraiser: If you host a third party event we would love to hear about it and can assist you with donations and promotion!
Contact Colin MacDonald at cmacdonald@autismns.ca for support.

How a Government Agency Can Become An Agent of Change.

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Your Practice

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Develop a priority queuing system: where families or individuals could register to access a special check-out line to reduce waiting. This will also reduce anxiety and sensory overload, resulting in more successful shopping experiences.

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Your People

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Support Staff Awareness: Host an autism awareness presentation. Increased awareness by your staff helps create a more inclusive environment for your clientele.
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Offer a job shadowing opportunity: Host an autism pre-employment job shadow experience. Autism NS has employment experience programs where the participants gain work experience in our community.
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Your Promotion

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How a School Can Become An Agent of Change.

People with autism spectrum disorder (ASD) may experience difficulties with communications, social skills, and sensory processing. With appropriate accommodations and open minds, stigmas and barriers can be removed to create accessible community spaces for people with autism. There are many ways you can open up your school environment and create an autism-friendly place.

Your Practice

Autism-Friendly Morning: Once a week, hold an “autism-friendly” morning. Encourage students to speak in lowered voices and dim the lights in hallway and classrooms to create a more sensory-friendly learning experience.

Develop a priority queuing system: where families or individuals could register to access a special check-out line to reduce waiting. This will also reduce anxiety and sensory overload, resulting in more successful shopping experiences.

Visual Supports: Families or individuals use visual supports or social narratives to help an autistic individual prepare for their school experience at the start of a school year or throughout learning tasks.
Contact Yevonne LeLacheur at programs@autismns.ca for support.

Your People

Quiet Area: provide a place in for a person to compose themselves if they are becoming too overwhelmed during classes. A room with minimal noise and bright lights is ideal. Let us know how we can help you build a Quiet Room.

Support Staff Awareness: Host an autism awareness presentation for students /staff and make use of our education material that teaches students how to be a friend of someone with autism.
Contact Vicki Harvey at vharvey@autismns.ca for support.

Get Involved: Encourage students to become peer mentors at Autism Nova Scotia in our CommunityWorks® Canada program for high school students.
Contact Jamie-Lynn Black at jblack@autismns.ca for details.

Your Promotion

Hang a Poster: Post Autism Nova Scotia’s Autism Awareness & Acceptance Month poster in your windows, office or bulletin boards.

#ShineBlueNS: Make a display for April 2-3, 2018 that includes the colour blue with lights or decor.

Acknowledge your school by using the hashtag

#AgentofChangeNS: Connect your ongoing efforts by using #AgentofChange, #AutismInclusionNS and #AutismAcceptanceNS.

Host an autism-friendly event: Demonstrate your commitment to understanding, awareness, and acceptance in our community by hosting a unique event.

Host a fundraiser: If you host a third party event we would love to hear about it and can assist you with donations and promotion!
Contact Colin MacDonald at cmacdonald@autismns.ca for support.

How a Group/Organization Can Become An Agent of Change.

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Your Practice

Be Visual: provide clear instructions with pictures of examples within your volunteer manuals. Families or individuals use visual supports to help an autistic individual prepare for a better community experience and make them feel more comfortable.

Contact Yevonne LeLacheur at programs@autismns.ca for details.

Be Accessible: provide a demonstration of volunteer jobs to new volunteers with a step-by-step model of the task.

Get Involved: Host CommunityWorks® Canada or the LaunchPad program. These two programs volunteer as a group within the community. **Contact Jamie-Lynn Black at jblack@autismns.ca for details.**

Your People

Support Staff Awareness: Host an autism awareness presentation. Increased awareness by your staff helps create a more inclusive environment for your clientele. **Contact Vicki Harvey at vharvey@autismns.ca for support.**

Quiet Area: provide a place in the workplace for a person to regulate themselves if they are becoming too overwhelmed in a public area. A room with minimal noise and bright lights is ideal. Sensory toys and other activities may be suggested. Let us know how we can help you build a Quiet Room.

Offer a job shadowing opportunity: Host an autism pre-employment job shadow experience. Autism NS has employment experience programs where the participants gain work experience in our community. **Contact Jamie-Lynn Black at jblack@autismns.ca for details.**

Your Promotion

Hang a Poster: Post Autism Nova Scotia's Autism Awareness & Acceptance Month poster in your window or in your waiting room.

#ShineBlueNS: Make a display for April 2-3, 2018 that includes the colour blue with lights or decor.

Acknowledge yourself by using the hashtag #AgentofChangeNS: Connect your ongoing efforts by using #AgentofChange, #AutismInclusionNS and #AutismAcceptanceNS when posting online.

Host an autism-friendly event: Demonstrate your commitment to understanding, awareness, and acceptance in our community by hosting a unique event.

Host a fundraiser: If you host a third party event we would love to hear about it and can assist you with donations and promotion! **Contact Colin MacDonald at cmacdonald@autismns.ca for support.**