



autism
NOVA SCOTIA

Join us & celebrate **AUTISM ACCEPTANCE MONTH** this April

A Place to Belong.

Autism Nova Scotia is a community organization committed to creating a world where everyone has a place to belong. Our 10 Regional Autism Centres are local hubs that deliver a variety of programs and services to the community. Our mission is to build understanding, acceptance, and inclusion for autistic individuals and their families through leadership, advocacy, training, and programming across the lifespan.

Celebrate our community using **#AutismAcceptance2023** throughout the month and let us know what you are doing to make our communities more inclusive and accessible. Whether it is a social media fundraiser in support of Autism Nova Scotia, an activity at a school or business, or any autism-inclusive stories you can share - we want to hear from you!

Our History



Today, there are over 30,000 Autistic individuals across Nova Scotia. With a prevalence of 1 in 32 children under the age of 5 with a confirmed diagnosis, Nova Scotia has one of the highest rates in the country, making your support and advocacy more important than ever. This year Autism Nova Scotia is asking you to help us carry on this tradition by amplifying our message through your visual and online support.

We hope you join us on April 2, World Autism Day to kick off Autism Acceptance Month by participating on social media using [#AutismAcceptance2023](https://twitter.com/AutismAcceptance2023). You can reach out to us if you are planning an event or would like a poster.



Be the Change: **BE ACCESSIBLE**

Autism Nova Scotia has partnered with and supported many organizations, businesses, and services to help create inclusive and accessible communities, but we can do more.

Here are some ways you can help make your space more inclusive:

Quiet Area: Provide a space for individuals to regulate themselves if they become overstimulated in a public area. An area with minimal noise and lighting is ideal. Also, providing sensory toys and activities can help individuals self-regulate.

Sensory-Friendly Shopping: Consider holding a “sensory-friendly” shopping hour or set a time once a week. To create a less stimulating environment, turn off loudspeakers or background music and dim the lights if possible.

Develop a Priority Checkout System: This helps families access a dedicated checkout line to reduce waiting. This will also reduce anxiety and sensory overload, resulting in more successful shopping experiences.

Create Visual Supports: Enhance your Customer Service for neurodivergent folks: Host an Autism 101 Training for your staff members, so they are sensitive and aware of the needs of all communities.

Contact our Inclusion and Family Support Coordinator (jcormier@autismns.ca), for more information about making your space more accessible.

#AutismAcceptance2023



Be the Change: **BE INCLUSIVE**

Autism Nova Scotia is a champion for inclusion through our community inclusion, employment, post-secondary, and person-directed planning programs and services.

Learn about some of the ways you can be more inclusive:

Consider Hiring Inclusively: Learn about Autism Nova Scotia's Employment programs and services, including our job seekers database, pre-employment training, employment work experience, job coaching and more.

Offer a Job Shadowing Opportunity: Host an inclusive pre-employment job shadow experience. Autism Nova Scotia has employment experience programs where the participants gain work experience in our community.

Raise Awareness for Our Inclusion Programs: Share and tell your community about the wonderful work our programs do to support Autistic individuals.

Support Staff Education: Host an Autism education presentation (offered by Autism Nova Scotia – contact us for details). Increased awareness among your staff helps create a more inclusive environment for your clientele.

If you have more questions, reach out to us by emailing jbeck@autismns.ca to discuss how your business can be more inclusive as an employer.

[#AutismAcceptance2023](#)



Be the Change: **BE A CHAMPION**

Celebrate neurodiversity and help us promote understanding, acceptance, and inclusion across the province! You can help us by sharing and promoting Autism Nova Scotia within your community.

Hang a Poster: Place Autism Nova Scotia's Autism Acceptance Month poster in your window, desk, or waiting room.

Social Media: Using your online presence to help us promote Autism Acceptance Month is a great way to get the word out to your community. Follow our social media accounts and tag us on Twitter ([@AutismNS](#)), Facebook ([@AutismNovaScotia](#)), LinkedIn ([@AutismNS](#)), and Instagram ([@autismns_](#))

Host an Inclusive Community Event or Fundraiser: Demonstrate your commitment to understanding, respect, inclusion and acceptance and host an Independent Community Event. Contact Ciaran Roxburgh (croxburgh@autismns.ca) Community Engagement Coordinator for support on how to get involved!

Donate to Autism Nova Scotia: Support Autistic Nova Scotians across the lifespan by making a gift to help support our programs and services. Become a monthly donor or make a one time donation online: www.autismnovascotia.ca/get-involved/#donate

#AutismAcceptance2023



EVENT CALENDAR

April 1st

Official Beginning of **Autism Acceptance Month**

April 2nd

World Autism Day: Celebrate with **#AutismAcceptance2023** events and displays

April 6th

Autism Nova Scotia Flag Raising @ 11 am, Halifax City Hall
Autism Nova Scotia Flag Raising @ 11:30 am, Province House

April 16-22nd

National Volunteer Week



Registration Form – Autism Acceptance Month

Please fill out the attached form to register your event. If you're looking for some ideas, reach out to Ciaran Roxburgh (croxburgh@autismns.ca). We're happy to promote your event on our Event Calendar on our website and to promote it on our social media channels. We'll also send you one of our Autism Nova Scotia window clings that you can proudly display in your workplace.

Contact Information

Business Name

Contact Person

Phone

Email

Fundraising Activity

Brief description on what you are doing to raise funds for Autism Nova Scotia, including start date and completion date:

Promotional Items needed:

- In support of LOGO Window Cling Coin Box Marketing/Event Promotion*

**Please include your social media handles (we will promote your event on our Event Calendar and in social media posts)*

Signature: _____

Date: _____

