



# Autism and how you communicate

**Communication Hub**



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



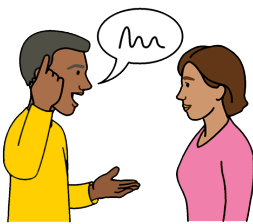
We will write contact information at the end of this book.

## About this book



This book is from Communication Hub.

This book is about how you **communicate** when you are **autistic**.



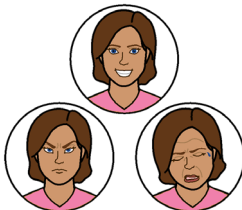
Communicate means when you share what you think with other people.

Autistic people have **autism**.



Autism is about the way you understand

- people
- feelings.



## How autistic people communicate



Autistic people might find it hard to communicate.



You communicate when you

- talk to people
- use sign language



- send a text message.

Autistic people might **not** use **speech** to say what you think and feel.



Speech is when you talk with your voice.

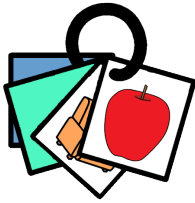


Autistic people might talk with

- hand signs



- body language.



Autistic people might like to communicate with

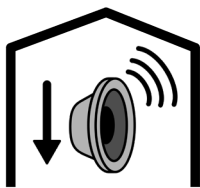
- picture cards



- a tablet



- a computer.



When you communicate you might want to

- be in a quiet place



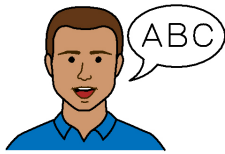
- be calm



- have more time to think about what you want to say.

## Ways to help you communicate

You might like people to know that you communicate with



- words

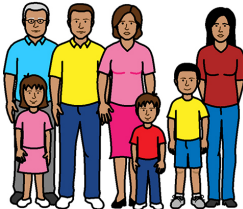


- a computer

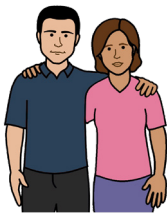


- your body.

You might want help to decide how to communicate with



- your family



- your friends



- people at work



- people you meet.

## How can a speech pathologist help you?

A **speech pathologist** is an expert who can help people

- say what they think



- eat



- drink.



A speech pathologist can help you learn new ways to communicate.



For example, with a computer.



A speech pathologist can help you practise how to say what you want to say.



A speech pathologist can also help your friends and family communicate with you.

## More information



For more information contact  
Communication Hub.



Website [communicationhub.com.au](http://communicationhub.com.au)

**You can read the full information on  
our website**

Website [communicationhub.com.au/  
communication\\_hub/resources/fact  
sheets/autism\\_and\\_communication.aspx](http://communicationhub.com.au/communication_hub/resources/factsheets/autism_and_communication.aspx)

## Find a speech pathologist

Speech Pathology Australia

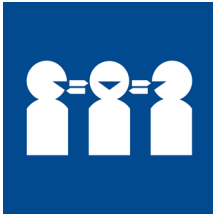


Call 1300 368 835



Website [speechpathologyaustralia.org.au](http://speechpathologyaustralia.org.au)





### **If you do not speak English**

Use the free Translating and Interpreting Service or TIS.



Call            131 450

Give the TIS officer the phone number you want to call.



### **If you need help to speak or listen**

The National Relay Service can help you make a phone call.



Call            1800 555 660



Website    [bit.ly/nrs-helpdesk](http://bit.ly/nrs-helpdesk)

Give the relay officer the phone number you want to call.

## Notes

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