



**Steve has autism and sometimes
he struggles to make himself
understood...**

Steve has autism and it can make communicating with other people really difficult. Sometimes people like his GP don't understand this which can make Steve feel very frustrated. He would like people to make allowances for his condition and not write him off.

We use people's stories to highlight problems, and encourage the NHS to change and improve its services.
Tell us your story today.

Steve has autism and it impacts on every aspect of his daily life, from sensory issues to communication difficulties. When he tries to access services at the council offices or at his doctor's surgery, it is difficulties with communication that cause him problems. Sometimes he doesn't understand what the professionals are trying to say to him, or they don't understand what he is trying to get across to them.

Due to his autism Steve finds that non-verbal gestures, body language, facial expressions, and tone of voice are all difficult to understand and interpret, and this can lead to serious breakdowns in communication. This can make him feel very frustrated, and lead to him being dismissed by the very services who might have been able to offer him support.

Steve would like people to understand a few simple things that would help them to be able to communicate better with him:

- Try to understand the difficulties in communication some people with autism can have. Steve has often been told he is being aggressive but it is more to do with frustration at not understanding or being understood.
- Try to speak to people or organisations who know and understand him to learn about how his autism affects him.
- No eye contact does not mean non-compliant, and wearing a hoodie and hat does not mean aggression.
- Please repeat if he asks you to, and be patient.

By being more understanding, and giving Steve a bit more time to communicate, his trips to the GP and council offices could be a lot less stressful and help him to get the support he needs.



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