

## **9 Free Ways We Should Accommodate Coworkers and Employees on the Spectrum**

1. Use Clear Directions and Messaging
2. Consider Writing Steps Down or Going to Written Communication Styles (emails for example)
3. Break Down and Chunk Information
4. Figure Out if the Other Person Needs Big Picture or Details
5. Be Patient and Make Time for Questions
6. Manage Your Own Tone and Consider Sarcasm
7. Don't Assume the Other Party is Not Interested
8. Set Communication Standards Compassionately if the Other Party is Not Meeting the Standards
9. Do Not Require Eye Contact