

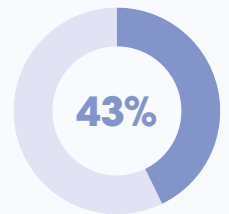
## 10 practical adjustments that support autistic students

### Infosheet 4 for educators **Establishing clear routines and avoiding changes**

**Autistic students find comfort in predictable routines and may find it difficult to alter from these. Simple changes - such as using visual schedules, allowing specific seating arrangements and providing as much notice as possible to any changes - can reduce the anxiety of autistic students.**

#### **Establishing clear routines which avoid changes may include:**

- Specific seating arrangements which suit the student's needs e.g. at the front of the room, near a door or quiet space, next to supportive peers.
- Use of supports to introduce known changes in routine e.g. social stories or advanced warning.
- Provide a daily/weekly timetable with the use of visuals or colour coding.
- Provide an explanation of what to do if they are feeling overwhelmed or anxious.
- Provide relevant information to all Casual Relief Teachers who will be teaching classes with autistic students.



**43%**  
of autistic students  
surveyed have had this  
adjustment implemented  
at their school\*

**Contact Amaze for professional development training and forums for teachers and school staff [here](#) or contact us on 03 9657 1600**

\*Source: 'Community Attitudes & Behaviours towards Autism; and Experience of Autistic People and their Families':  
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