

1. When you go out around where you live, how do people treat you?

- Everyone is friendly (they are nice to me and make me feel safe)
- Most people are friendly (they are nice to me and make me feel safe)
- Most people are unfriendly (they make me feel upset, and are not nice to me)
- Everyone is unfriendly (they are not nice to me at all and I do not feel safe around them)
- I don't know

2. Do you ever not go out because you are worried about whether other people will be nice to you or not?

- I worry so much about other people's behaviour that I never go out
- I often worry about other people's behaviour so I often don't go out
- I sometimes worry about other people's behaviour so I occasionally don't go out
- I never worry about other people's behaviour so I do go out

3. Have people ever treated you in any of the following ways? (you can tick as many as you want):

- They have asked me if I need any help
- They have offered me a quiet space to go to if I seem upset
- They are mean or rude to me (call me names)
- They laugh at me
- They stare at me
- They ask me to leave places like shops, pubs and libraries
- They have shouted at me or been aggressive to me physically

4. Write or draw a place you really like going to (or you can use the list below by picking up to three of the options or you can write or draw your own in the box below) :

- Cinema
- Swimming pool
- Shops
- Cafes
- Restaurants
- Library
- The park
- Music concerts
- The pub
- Museums

5. What makes these places nice to go to? (tick the three options you most agree with or you can write or draw your own reason in the box below)

- The people who work there are nice
- It is quiet
- It is fun
- The other people who go there are nice to me
- The people there understand me
- It's not busy or crowded
- It is outside

6. Which places don't you like going to (tick up to three that you dislike the most or you can write or draw your own in the box below):

- | | |
|----------------------|--------------------------|
| GP surgery/doctor | <input type="checkbox"/> |
| Hairdresser | <input type="checkbox"/> |
| Pub | <input type="checkbox"/> |
| Restaurants or cafes | <input type="checkbox"/> |
| Library | <input type="checkbox"/> |
| Music concerts | <input type="checkbox"/> |
| Cinema | <input type="checkbox"/> |
| Supermarket | <input type="checkbox"/> |
| The park | <input type="checkbox"/> |
| Museums | <input type="checkbox"/> |
| Swimming pool | <input type="checkbox"/> |

7. Why don't you like going there (tick the three main reasons or write or draw your own in the box below)?

There are too many other people

People make too much noise

The staff there are mean or unfriendly

The people there look at me

The people there don't understand me

I don't like where it is (for example the area of town, size of room, lights too bright)

8. When I am out somewhere and I feel stressed or upset, I would like people to help me by (tick all the ones that you agree with):

- Leaving me alone and not crowding around me
- Taking me somewhere quiet where I can sit and calm down
- Taking me anywhere that is away from other people where I can be loud and upset
- Talking to me to help me calm down

9. Which of these things do you have the most difficulty with (tick up to three)?

- Sensory issues (for example bright lights in the supermarket, too much noise at the swimming pool, too many people on the bus touching me)
- Getting anxious or stressed in public
- Meltdowns (this means when you lost control because you get so stressed that you shout, scream, smash things up or curl up on the floor)
- Needing extra time and silence to process instructions or what people are saying to you
- Not understanding confusing languages and phrases (when people say one thing but they mean something else, like 'it's raining cats and dogs' means it's raining a lot)
- Getting stressed and anxious when things change suddenly or a situation does not go as expected
- When I make noises and people look at me, or find the noises strange
- The way I talk – sometimes I talk too loudly or I repeat words or the same sentence and people look at me
- When I flap my hands or rock or I repeat the same movements'

10. Which types of transport do you not use because you find it too difficult (please write or draw which type of transport you have most difficulty with or you can choose from the list below)?

- | | |
|----------------------------|--------------------------|
| Train | <input type="checkbox"/> |
| Bus | <input type="checkbox"/> |
| Tram | <input type="checkbox"/> |
| Underground train or metro | <input type="checkbox"/> |
| Aeroplane | <input type="checkbox"/> |
| Coach | <input type="checkbox"/> |
| Ferry | <input type="checkbox"/> |

11. If you do not use certain transport because it is too difficult or stressful, what are the main things that make it difficult for you? (please tick up to three of the main difficulties):

- | | |
|--|--------------------------|
| Too many other people/crowds cause me anxiety | <input type="checkbox"/> |
| I don't want other people to touch me | <input type="checkbox"/> |
| Too many loud noises (such as babies crying, loud beeping when door shut, or when bells ring) | <input type="checkbox"/> |
| Not knowing where to get off/not knowing the route well enough | <input type="checkbox"/> |
| I get lost easily unless I go on the same route | <input type="checkbox"/> |
| Unexpected changes (like a bus suddenly going a different way than it usually does because of a diversion or accident) | <input type="checkbox"/> |

If there is any other reason that makes transport difficult for you, you can write or draw it here:

If there is anything else you would like to say about how other people treat you when you are out in the community or about what makes it difficult for you to go out in public, please write or draw it in the box below

Your name:

NAS/ other Autism service or group you attend:
.....

Name of support worker / person who helped you fill this in:

Your email or phone number:

Your support worker's email/ phone:

Please send your completed survey back to: anna.nicholson@nas.org.uk or paper copies to: Anna Nicholson, Policy and Campaigns, National Autistic Society, 391 City Road, London EC1V 1NG