

Autism refers to a broad range of conditions that affect how a person thinks, feels, interacts with others and experiences the world. There are 3 different types of ADHD: inattentive, hyperactive/impulsive, or a combination of the 2.

- A learner with autism might have high levels of focus on favourite topics but might not be able to engage with topics that interest them less, whereas a learner with ADHD might struggle to pay attention to any subject.
- A learner with autism might have difficulty expressing emotions and thoughts. A learner with ADHD might interrupt continually, want to have the last word and interrupt frequently.
- A learner with autism might insist on routines or rituals, whereas a learner with ADHD might lose interest in a task without variety.

AUTISM AND ADHD ADJUSTMENTS

Tasks and organisation

- Limit the length of time a learner is expected to stay on task, taking the learner's needs and abilities into consideration.
- Provide lists, timetables, timescales or reminders to support the learner's organisation.
- Create visual reminders of what equipment is needed for each lesson or activity and keep 1 copy in their bag and 1 at home.

Special interests

- Incorporate the learner's special interests into learning and build the curriculum around those special interests.
- Build positive and trusting relationships and connect with learners over their special interests.

Environmental adjustments

- Seat the learner close to you but away from the windows or doors and with a clear path to the exit.
- Ensure that the whiteboard is well lit with minimal distractions.
- Create a well organised, uncluttered learning space with easily accessible resources.

Transitions

- Provide opportunities to rehearse transitions in preparation for what's coming.
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Each learner is different and needs their own personalised learning plan. You should make adjustments for individual needs. There are many more things you can do. To learn more, visit: edi.sa.edu.au/practiceguidance