



Autism Christmas Accommodations



Amanda Mc Guinness



Why I Find Christmas Gifts Difficult



@littlepuddins.ie

Autistic Edition

Some gifts cause sensory hell (overwhelm)

Unsure how to react socially when you do /do not like the gift

Social conventions are confusing

Surprise gifts can cause anxiety

Not able to pick up on "hints" about gifts you might like

I prefer to buy what I need myself

Too many gifts can be overwhelming

Too much focus on age-gender appropriate gifts



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An Autistic Christmas

Supportive Strategies

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Centre Autistic
Voice & Autonomy



Respect Autistic
Food Preferences



Respect Autistic
Clothing Preferences



Respect Social Time
Out Preferences



Access To Sensory
/ Stim Tools



Provide Predictability
& Routine



Access To
Special Interests



Respect Gift
Preferences

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