

I Want You To Know About... **Autistic Shutdown**

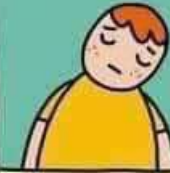
Autistic shutdown is like an internalized meltdown. While the person is experiencing a lot of emotions, they can't express them outwardly.

It may look like this:

zoning out



exhaustion / falling asleep



hiding / defensive position



How can allistic (non-autistic) folks help?

Safety first! Help them to a quiet space w/ minimal stimuli.



Be sensory sensible! Have a kit tailored to their needs.



Eliminate all expectations / demands. They are currently overloaded.



Reduce interaction, giving them space + time.



REMEMBER:

Autistic shut-down is NOT

stubbornness laziness disrespect

Autistic shut-down IS

involuntary painful exhausting

Please, be patient & compassionate ❤️