Autistic Shutdowns

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

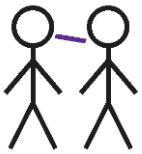
What is a shutdown?

	A shutdown happens when everything feels too much. The person goes quiet instead of loud.

What it can look like

	Going still, or curling up small.
	Not being able to talk.
	Looking blank, or far away.

How to help

	Give lots of time. Do not rush.
	Give space and a quiet place.
	Let them use pictures or writing instead of talking.
	Stay calm and kind nearby.

Remember

	A shutdown is not rude. The person needs time and space.