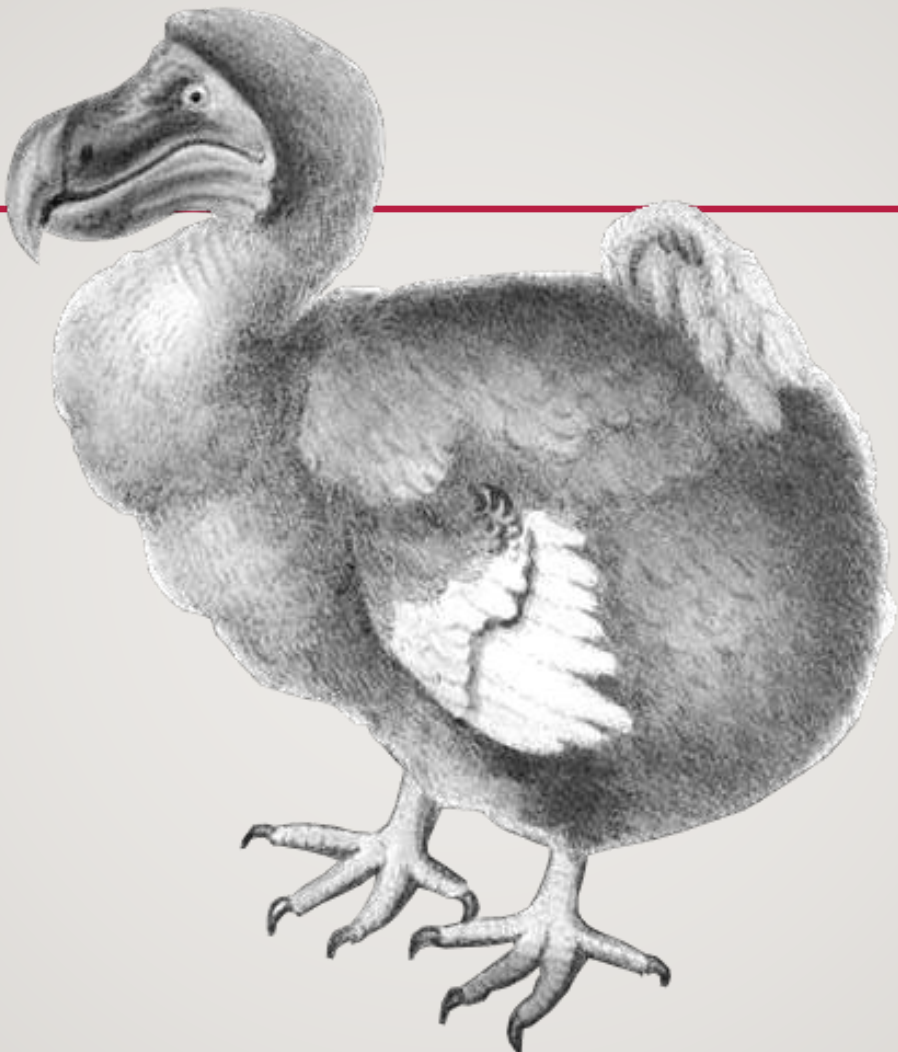


HOW TO MAKE YOUR WIKIMEDIAN EVENTS MORE AUTISTIC-FRIENDLY?

WHO AM I?



I. INTRODUCTION

ONCE UPON A TIME...

WIKIMANIA CAPE TOWN



... not an isolated case!

AUTISM & WIKIMEDIA PROJECTS

- 1% of the general population

- And... on the projects?



Wikipédia:Contributeurs autistes sur Wikipédia

Cette page est un essai.

N'étant pas une règle ou une recommandation, cette page ne représente pas forcément l'opinion de la communauté, mais avant tout l'opinion de ses auteurs.

N'hésitez pas à modifier cette page ou à la commenter en page de discussion.

La communauté des contributeurs de Wikipédia compte une certaine proportion de personnes autistes, en particulier diagnostiquées avec un syndrome d'Asperger ou un autisme à haut niveau de fonctionnement. Cet essai vise à rendre compte de ce phénomène, à en proposer des explications et à mieux comprendre comment les contributeurs autistes s'intègrent parmi la communauté de Wikipédia, à travers des exemples de difficultés ou de facilités qu'ils y rencontrent. Cette page pourra être complétée par les témoignages de contributeurs autistes (anonymement ou non), afin de servir à des analyses sociologiques, psychologiques, statistiques, des études de cas, ou à toute autre fin utile. Les témoignages permettront aussi de lister certains intérêts spéciaux des contributeurs autistes, pour un partage plus efficace des connaissances.

En aucun cas un diagnostic d'autisme ne peut être l'excuse d'un comportement négatif sur Wikipédia, ni une défense contre ses conséquences ! Les règles de savoir-vivre s'appliquent à tous. Prendre en compte l'autisme d'un autre contributeur permet de mieux comprendre ses éventuelles difficultés de communication, de prévenir certains conflits basés sur l'incompréhension mutuelle et d'apaiser les relations.

Sommaire [masquer]

- 1 Déclarer son autisme, ou pas ?
- 2 Particularités des contributeurs autistes
 - 2.1 Particularités autistes constituant plutôt des avantages sur les projets Wikimedia
 - 2.1.1 Intérêt spécial
 - 2.1.2 Absence de biais émotionnel



Les personnes concernées par l'autisme sur Wikipédia peuvent afficher ce ruban, dont les pièces de

AND...

HERE IS THE CATCH

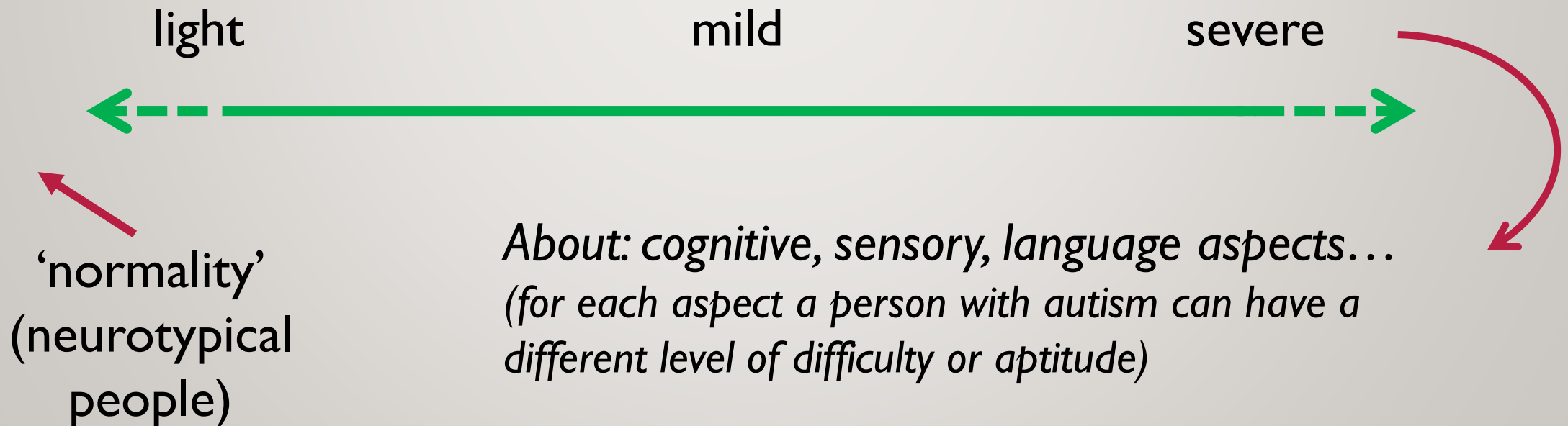


AUTISM ?

- Neuro-developmental condition
- Triad of symptoms →
 - Communication
 - Social relationships
 - Specific topic of interest, repetitive behaviors
- ... but not only! →
 - Sensory particularities
 - Psychomotor effects

'AUTISM' ?

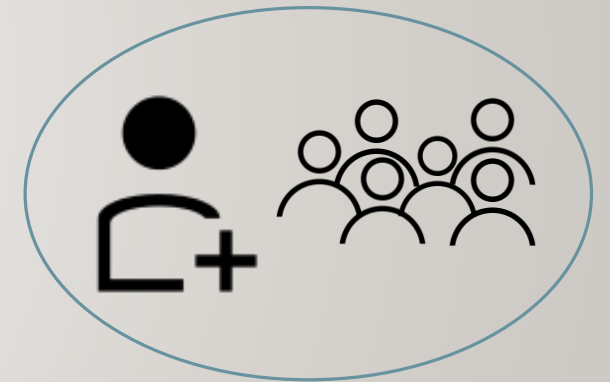
- Autism spectrum: *ASD (autism spectrum disorder/condition)*
→ huge diversity in autistic profiles



EXPERIENCE & AUTISM



WIKIMANIA
CAPE TOWN



EXPERIENCE & AUTISM

Too many



WIKIMANIA
CAPE TOWN

Too much



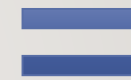
- Aquarium
- Hall
- Breaks, meals
- « party » :[

EXPERIENCE & AUTISM

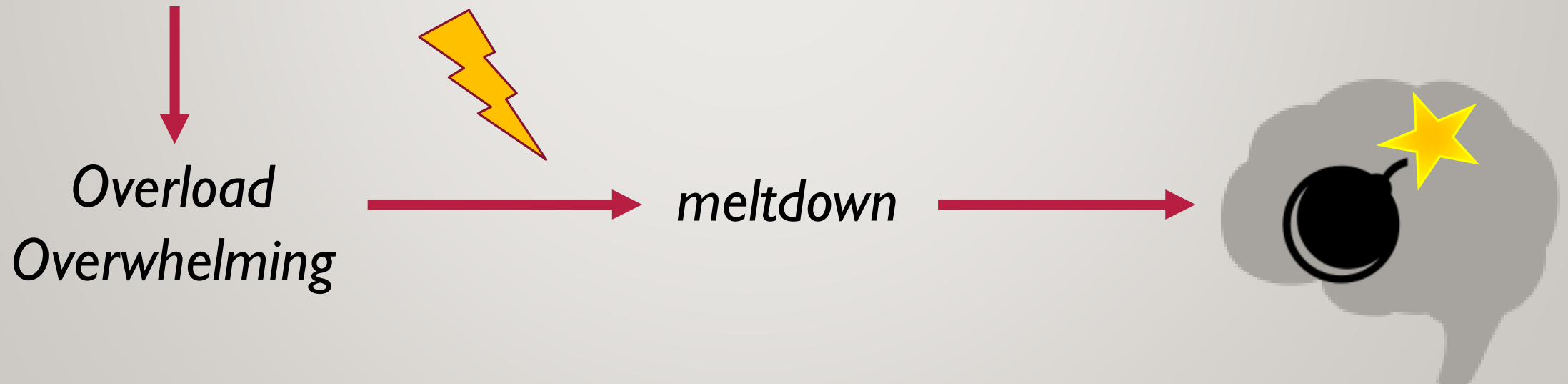
Too:

- many sensory input
- much confusion
- much stress

WIKIMANIA
CAPE TOWN



3 meltdowns



EXPERIENCE & AUTISM

- ‘Do I belong here / this community?’
 - ‘I’m not enough’... extrovert / resistant / social...
- What place for neuroatypical / autistic people in our community, in our events?
- Not an isolated case!

INCLUSIVITY?

- Gender :
 - more and more known (women, LGBTIQ+...)
- White and Occidental biases:
 - increasing concerns (*IMO*)
- Disability? Being neuroatypical?



2. WHAT TO DO?

No problem, only solutions: make your event more “autistic-friendly”

BEFORE WE START

- Extensive overview of measures
- Huge diversity in autistic profiles:
 - Person A with autism \neq Person B with autism
- ASD : cognitive, sensory and social particularities, all interconnected

2.1. COGNITIVE ASPECT

COGNITIVE ASPECT

- CAPITAL point
- Stress
- Anxiety
- Specially when routines / habits are disrupted or when new situations happen



ANTICIPATION



Make the
environment
predictable

ANTICIPATION

- Informations:
 - Place: map, entrance and access, hours
 - Planning: activity, breaks, meals ... meals?
 - Social story?
 - Contact person(s) + how to reach them
- Specific and personal needs
- Communicate about accommodations you set up


2.2. ENVIRONMENT

ENVIRONMENT

- Quiet spaces: meals + activities + extra activities
- Simple environment
 - no extra details
 - no hard/garish colors (prefer soft tones)
 - no echo
- No obstacle on the way to move



ENVIRONMENT

- Space :
 - Good signage
 - Big enough for less overcrowding (- noise)
 - Groups stagnation*
- Ideal: to be able to choose the level of sensory input for each activity
- Quiet room  QUIET ROOM

QUIET ROOM/SPACE

- Sensory and social ‘break’
- For overwhelmed or ‘on-the-way-to-be-overwhelmed’ persons
- Gathers ideal features:
 - Soft light, no noise, no people...
 - Some things to be comfortably settled in order to take a breath and recover



QUIET ROOM/SPACE

- Available all the time
- Strict: this is NOT the place for chatting or preparing something!
- Close to all the places of the event



HIGH INPUT ROOM

- High input
- Walking, moving...
- Talking, make some noisy things, alone or with other people...
- Available all the time
- Quiet + high input rooms = choice of the level input



SENSORY ASPECT

SENSORY PARTICULARITIES

- Perception, treatment and regulation of sensory informations
 - Simultaneous informations (α cognitive aspect)
- Hypo / hypersensitivity
 - Sensory intolerances
 - Strong preferences or aversions...
- *See environmental aspect*

HEARING / NOISE

- No background noise: music, air conditioning, construction works...
- ‘social’ noise: expected or demanded sound level
 - by people / by room / by activity
 - + environmental considerations, i.e. groups stagnation
- Flappause
- Anti-noise headphones / earplugs

SIGHT

- Light
 - No fluorescent / neon light
 - Prefer incandescent, soft and warm light
 - Light dimmer
 - Natural light (+ blackout curtains)
 - Indirect light
 - No hard light
- Environment: overdose of details = risk of overload

SMELL & TASTE

- ∅ personal perfumes
- ∅ background perfumes, sanitazers and kitchen smells...

- Specific diet
- Fridges / Micro-waves

SOCIAL ASPECT

SOCIAL ASPECT

- Social difficulties +/- visible and +/- impairing
- Sociality not 'innate'
- Camouflage: masking difficulties
- Social situations: tiredness, stress, avoidance behavior...
- Sometimes need to isolate themselves some days or weeks to recover after a social event

SOCIAL ASPECT

- Interpersonal relationships:
 - Do not touch people when you meet them nor their personal objects!
 - Do not make people obligated to interact with you specially at the end of the day
 - Do not out people – being autistic is a private information more specially again on social networks
 - Give a list of allowed and forbidden behaviors

Badge
system?
(see questions)

SOCIAL ASPECT

- For each activity / intervention:
 - Anticipate social times:
 - give advance warning
 - type of social time: questions, talk, working groups...
 - Do not make people feel obligated to join social activities
 - Speaking time management:
 - avoid some people monopolizing the talks
 - Give an email address

OTHER TIPS

(but this is the end soon)

OTHER TIPS

- Propose to be accompanied
- Give an 'awareness course' for your volunteers
- Speech for raising awareness for attendees + reminders

THE END

(you gonna recover soon too)

CONCLUSION

- Social events require a lot of energy and are exhausting for autistic people in many aspects (sensory, cognitive and social)
- Give **choice** (input, social level...) in the ways people can live the event. Choice is the KEY.
- Have a quiet room
- Anticipate +++
- Keep available

CONCLUSION

No matter who you are, attendee or organizer:

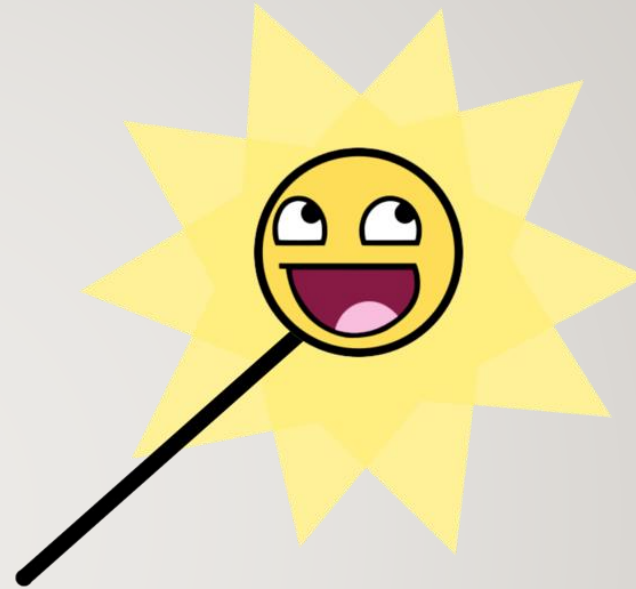
- Pay attention to people
- **Do not assume that other people have the same wishes and needs (or absence of need) than yours**

THANK YOU !

Contact :

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or annejea@wikimedia.be



- **Something to add?**
Personal experiences?
Questions?
Feedback?

BADGE SYSTEM

- Specific needs, ‘social availability’
- Advantages
 - Visible
 - Gives specific informations
 - Diversity of messages (pronouns, projects...)
- Disadvantages:
 - Risk of stigma?
 - raise awareness + increase badges diversity (not only badges about limitations/things perceived as negative)
 - Not always adapted for instantaneous situations (ex. panic attack)