



Step by Step:

Creating Autism-Inclusive Health Walks

Further information

We have produced a toolkit to help Walk Leaders create a safe and welcoming environment for autistic participants on their Health Walks. The following resources provide further information for anyone wanting to find out more.

Why the inclusion of autistic people matters

- [The Equality Act 2010](#)

Understanding autism

- [Sunflower symbol](#)
- [National Autistic Society: What is autism?](#)
- [National Autistic Society: Too much information](#)
- [National Autistic Society: Stories from the spectrum, on meltdowns and shutdowns](#)
- [BBC The Social: How it feels to have an autistic meltdown and how you can help](#)
- [Autism West Midlands: Meltdown and shutdown of autistic people](#)
- [Mind: Autism and mental health](#)

Keeping active as an autistic person

- [Chief Medical Officers' physical activity guidance infographic](#)
- [Paths for All: Virn Stothers' story](#)

Top tips for creating a calming environment

- [Paths for All: Dogs and Health Walks](#)
- [Third Sector Interfaces](#)

Communication

- [Paths for All: Pre-walk information for autistic participants](#)
- [West Dunbartonshire Community Voluntary Services: Walking Friendly Photographic Route Maps](#)
- [Phototrails](#)
- [Google Maps](#)
- [Different Minds: Autism and the Social Rulebook](#)
- [Disability Equality Scotland: Inclusive Communication](#)
- [National Autistic Society: Social Stories & Comic Strip Conversations](#)
- [Paths for All: Lea Berta's story](#)
- [Paths for All: Let's Walk](#)

Further information

Where to find out more about autism:

- [National Autistic Society: Autism, sport and physical activity e-learning](#)
- [National Autistic Society: Autism, sport and physical activity booklet](#)
- [Scottish Autism: CPD Training Courses](#)
- [Scottish Government: Different Minds](#)
- [SWAN \(Scottish Women's Autism Network\)](#)

Where to find out more about making Health Walks more inclusive:

- [Inverclyde Bothy: Connecting autistic adults with local Health Walks](#)
- [Paths for All: Pre-walk information for autistic participants](#)
- [Paths for All: Dementia Friendly Health Walks](#)
- [Paths for All: Dogs and Health Walks](#)
- [Paths for All: Walk and Roll Toolkit](#)
- [Paths for All: Success Stories](#)

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