

# How to be a Neuroinclusive Neighbour

## What Neuroinclusion Means

Neuroinclusion means creating environments where people who think, learn, communicate, or experience the world differently feel welcome, valued, and able to participate. This includes Autistic people and many others.

Welcoming different ways of communicating and connecting in everyday situations helps build inclusive communities.

## Why it matters

Everyone deserves to feel welcome and included.



People communicate in different ways.



Small changes help make connecting easier.



## 3 Easy ways to communicate more inclusively

# 1

### Eye contact is not the same for everyone

#### You may notice:

- ⚠ Some people use eye contact in different ways
- ⚠ Some people wave, smile, or greet differently

#### What can help:

- ✔ Treat eye contact as optional
- ✔ Be open to different ways of connecting

# 2

### Not everyone uses small talk

#### You may notice:

- ⚠ Some people skip small talk
- ⚠ Some conversations are direct or topic-focused

#### What can help:

- ✔ Welcome different ways of starting a conversation
- ✔ Start with a clear topic or simple question

# 3

### People connect in different ways

#### You may notice:

- ⚠ Tone, body language, or jokes are understood differently
- ⚠ Sarcasm may be taken as literal

#### What can help:

- ✔ Use clear and direct language
- ✔ Say what you mean
- ✔ Check-in if something feels unclear

Simple shifts  
make a difference



Be Patient



Be Clear



Be Flexible

