



Autistic Spectrum Disorder Glass Analogy



Experts have compared autism like an empty glass. Every trigger, no matter how small, adds some water into the glass. Neurotypical people are able to drain their glass and it takes more for them to be triggered and add to their glass, whereas people on the spectrum will just keep adding and adding until the glass overflows; even if the thing that makes them overflow is the tiniest drop of water.

If people arrive at the theatre with their glass already about to spill over it will be much harder to achieve a calm and inclusive theatre environment.

For example

The "smallest" of things can effect the rest of a persons day.
Remember, its all relative to the person.

Being told to wait one more minute before the auditorium doors open



Raining outside when you get off the bus

Doing something outside of the daily routine

Different bus driver to the normal shifts

No free seat on the bus

Had a bad nights sleep

Couldn't find ticket confirmation on emails so had to call up

