

## **Marcus- Access Rider**

This document is intended to provide information on how to create an effective and accessible work environment and process for Marcus.

If you would like this document in different colour formats, please ask. Due to Marcus' commitment to sustainability, they only possess digital copies. If you cannot access them digitally with ease, contact or ask Marcus and something will be sorted.

This is a working document, it is constantly being updated or changed, if you are working with Marcus, they will make you aware of any alterations.

Things that are underlined are ways to support Marcus.

### **Autism**

Marcus is Diagnosed with Autism; they have very little sensory issues. However, they do struggle to communicate effectively, this may be presented when they talk too much or resign from talking at all. Marcus mainly learns through talking so it is expected that they will talk. However, if it reaches a point where it is not productive or supportive of the conversation you do have agency to make Marcus aware of this, sometimes they don't know when to end the conversation.

They may also struggle to deliver the correct tone when talking to others, if you feel like the tone doesn't make sense, simply ask. This also goes for the context of what they say, if you hear them say something that sounds confusing or wrong, you can ask. "Did you mean to say (it like) that?"

Marcus relies on public transport for most of their travel, they plan to be on time. However, due to train and bus delays, this is not always the case. Being punctual is very important to Marcus, so if they are late by the train or bus, they may seem distressed, but this will soon pass.

Marcus sometimes gets burnt out during the day, this can happen due to emotional and physical fatigue, most of the time they just need a quiet space available for 10 minutes to lie down in. They will let you know when this happens, you may also notice by Marcus becoming withdrawn, and you're more than welcome to offer a space without Marcus asking

### **Body pain and flexibility**

Marcus struggles to sit on the floor, they do require a chair so that they may sit in it during discussions. Their body may become strained as they work, they know their limits and will let you know how much more they can do.