

WHAT IS AUTISM?



Autism Definition

Main Areas that may Challenge

What causes Autism?

Positives of Autism

Other Difficulties you may experience

Autism Definition:

Autism Spectrum Condition (ASC) is defined as “a lifelong developmental disability which affects how people communicate and interact with the world.”

~National Autistic Society



DON'T FORGET

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It's a spectrum! Everyone is different!

The Main Areas that may Challenge



Social Communication

- difficulty processing verbal and non-verbal language
- taking things literally i.e. struggling with irony, sarcasm or jokes
- repeating what others say (this is known as echolalia)



Social Interaction

- difficulty understanding people
- finding it hard to form relationships and friendships
- not following “social rules”
- experiencing “social overload” and seeking out time alone



Repetitive or Restricted Behaviour

- stick to a strict routine or way of doing things
- stimming
- can experience extreme anxiety when routine is changed



Over or under sensitivity to different senses

- Hypersensitivity to senses such as bright light, loud or persistent noises, strong tastes
- Hyposensitivity to senses such as not noticing strong smells, making own noises to stimulate the hearing sense, bumping into things

What causes autism?

The causes of autism are still being researched but it is thought there are a variety of causes and not one specific cause.

Possible Causes...



- Genetic factors
- Neurological differences
- Environmental factors such as birth weight and parent's age



Things that DON'T cause autism...

- Vaccines
- Diet
- Bad parenting



Positives of Autism!

- Attention to detail
- Ability to focus intensely
- Memory
- Special interests can create massive knowledge on a certain subject
- Methodical
- Resilience
- Integrity, honesty and loyalty
- Enjoyment and pleasure from specific activities
- Creativity - think in a different way to neurotypical individuals

AND MORE!

I like the fact I am autistic! Yes, it brings challenges but also it makes me who I am! I'm very organised, disciplined and hard working and I love maths and coding!

Other conditions you may experience

- Attention-deficit/hyperactivity disorder (ADHD)
- Dyslexia/Dyspraxia/Dyscalculia
- Sensory Processing Disorder
- Anxiety and depression
- Other Mental Health Problems i.e. Obsessive Compulsive Disorder (OCD), eating disorders
- Poor sleep
- Epilepsy
- Gastrointestinal Problems

REMEMBER

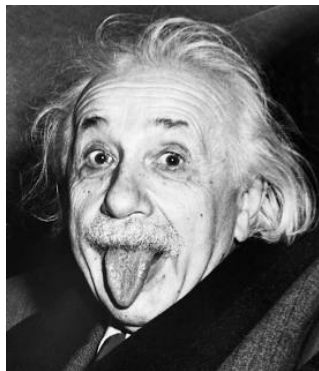
Autism isn't a disease or an illness. There is no "cure" and it is a life long condition. This doesn't mean you can't do great things! Look at some of these famous people who are autistic!



Emily Dickenson -
Poet



Bill Gates -
Cofounder of
Microsoft



Albert Einstein -
Scientist &
Mathematician



Susan Boyle -
Singer

Space for Notes:



To find out more...

- Ask to see our series of autism leaflets
- Talk to the CASA team at Independence Trust!
- Visit the National Autistic Society website at <https://www.autism.org.uk/>

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As an autistic individual myself, I have created this leaflet from a neurodivergent perspective whilst working for the CASA team. I hope you found it useful and informative. If you have any questions or suggestions, please talk to us!

