

WHAT LEVEL 2 & LEVEL 3 AUTISM REALLY MEAN

// A simple explanation to help everything
make more sense.





In Australia, autism is usually diagnosed using the **DSM-5** (or DSM-5-TR).

The levels describe:

- ✓ A person's support needs
- ✗ Not intelligence, functioning or worth



LEVEL 2 AUTISM

Here's some key characteristics:

- Needs *substantial support*.
- May struggle with communication, routines and busy environments.
- Structure and predictability help them feel safe.



LEVEL 3 AUTISM

Here's some key characteristics:

- Needs *very substantial support*.
- May use limited or no speech.
- Often relies on alternative communication and close supervision.



THE KEY DIFFERENCE

- Level 2 = a lot of support.
- Level 3 = even more support and hands-on guidance.

These levels are commonly included in diagnostic reports prepared by:

- Paediatricians
- Psychiatrists
- Clinical psychologists
- NDIS access request assessors
- Schools (for reasonable adjustments)



What Helps Children with Higher-Level Autism Feel Safe

- Children with Level 2 and Level 3 autism thrive on *predictability*.
- Clear routines, visual schedules and gentle warnings before changes help them feel secure, not surprised.
- Feeling prepared reduces anxiety almost instantly.



Tips to Make Daily Life Feel Manageable

Sensory support and clear steps make a big difference.

- Quiet spaces, headphones and breaks reduce sensory overload.
- Small steps, modelling and reassurance make daily tasks easier.





Support Looks Different for Every Child

Each child has their own way of learning and communicating. The goal is to understand their needs and support them in the way that works best.



Level 2 and Level 3 autism simply mean your child needs more support. NOT that they are capable of any less.

Level 2 and Level 3 autism come with challenges, yes.

But they also come with strengths, honesty, curiosity, and a unique way of seeing the world.

They're on their own path. And you're walking it with them, step by gentle step.





AUNYX

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At AUNYX, we specialise in supporting children with Level 2 and Level 3 autism. Because we know these higher support needs can feel overwhelming and isolating at times.

You don't have to navigate it alone.

💛 *Share this with someone who might need the reminder that they're doing an incredible job.*