

What is autism



Autism is also known as Autism Spectrum Disorder (ASD).



Spectrum means it can affect different people in different ways.



Autism is a lifelong condition and can not be cured.



Autism is **not** a learning disability.

However, 1 in 3 people who are autistic also have a learning disability.



Autism looks different in everyone.

Each individual will have their own unique challenges and strengths.



Some people with autism may:

- Find reading body language hard
- Feel scared in new places
- Feel overwhelmed by loud noises



Different people need different types of support.



Signs of autism:

- Sensitive to light, sound, touch, taste.
- Trouble communicating
- Feeling upset or overwhelmed



It is harder to **diagnose** women and girls.



Diagnose means finding out what condition you may have.



If you think your child may have autism you should contact your GP.



The cause (s) of autism remain unknown. It may be caused by genetics or external conditions.



They are **NOT** caused by diets, infections, vaccinations or medication.



Getting a diagnosis is an important step to getting the right support.



While being diagnosed can be hard, the right environment and support can make all the difference.



Having autism means you can still live a happy and active life.