



**Extraordinary Support
for Exceptional People**

Aspire

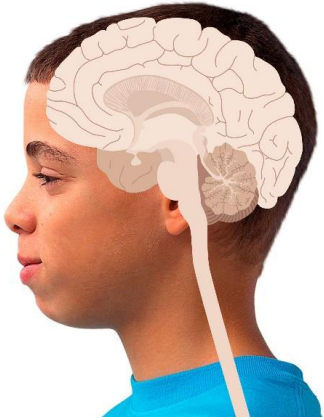
Extraordinary Support
for Exceptional People



Sharon Marsden

Autism lead

What is autism?



Autism is when your brain works differently from others



You are born with autism and have it all your life



Autism is different for everyone



Autism is like a puzzle that people are working hard to solve

1 in 100 people are autistic in UK



Autism affects both men and women

Women are better at hiding their autism (this is called masking)



Autism is not a learning disability or a mental illness



Not everyone will know they are autistic

Not everyone will understand their autism

Autism affects how people interact with others



Autism is where you might find it difficult to say what you want or need



Autistic people may find it hard being with others or keeping friends



Autistic people may find it hard to understand feelings or emotions
They might feel very happy one second but really upset the next

Autism affects how people interact with others



Autistic people may find eye contact difficult

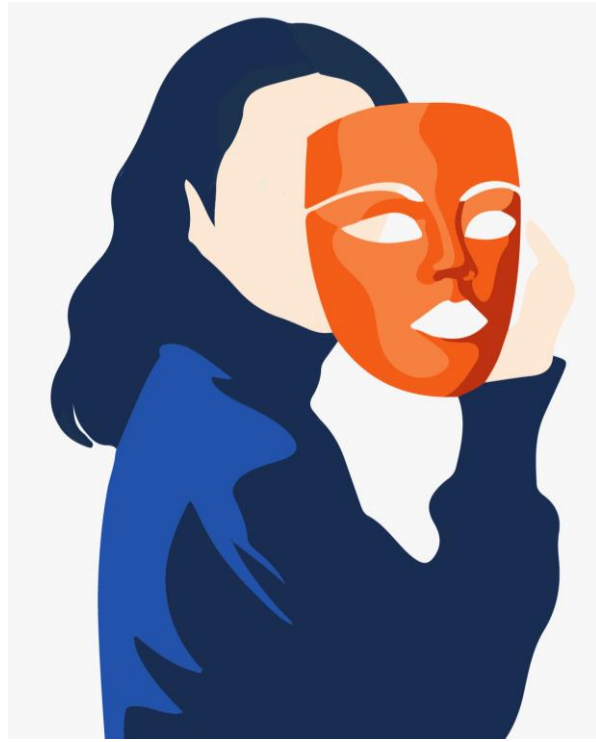


They might get worried easily



They might not understand when someone is joking and when someone is being serious

Autism affects how people interact with others



Autistic people try to 'fit in' with everyone else or try to please others rather than being themselves. This can be very tiring.



We might not know what we want or how to say what it is that we want

Autism affects how people communicate with others



Autistic people may need more time to understand things



Autistic people may speak or speak only a little bit



Some may repeat words/sentences/phrases they have heard

Autism affects how people communicate with others



Some people may have lots of information/ideas in their head and find it hard to move onto something else until they have told someone all about what is on their mind



Some autistic people may take things literally, e.g. “Wash your hands in the toilet”

Autistic people's senses work differently



We have 8 senses—hearing, taste, touch, proprioception (body awareness), Interoception (internal), vestibular (balance), smell and sight

Our senses help us to understand what is happening around us



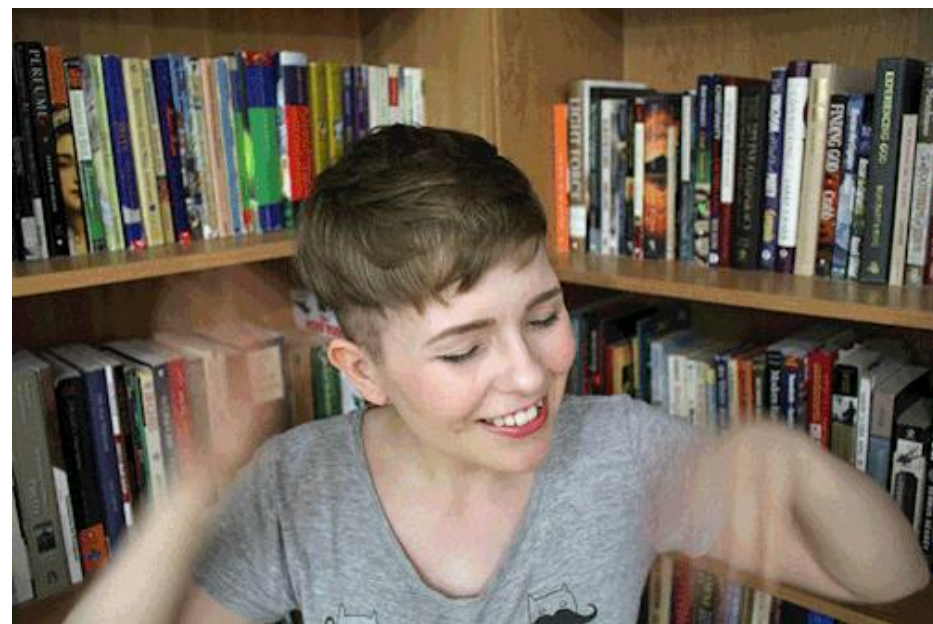
Some people may like more of a sensation, i.e. bright lights



Some people may not like certain sensations i.e. certain noises

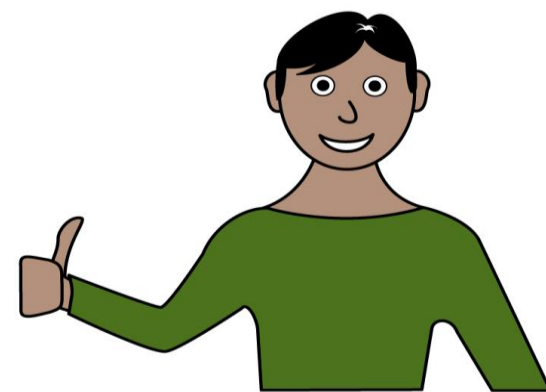


Some people might not notice some sensations, e.g. if its cold

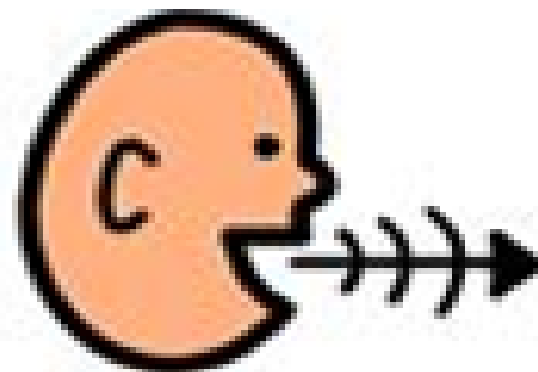


Autistic people may do actions like flap their hands or rock. This is called 'stimming'

This could be because:-



like it



to communicate



Its calming



I'm frustrated

Autistic people have many strengths

Here are some things they are good at



VISUAL SKILLS
visual learning,
detailed focus



ATTENTION TO DETAIL
thorough &
accurate



MEMORY
excellent recall and
memory



OBSERVATIONAL SKILLS
learn by
looking/doing &
self-evaluate



KINDNESS
kind to others,
acceptance of
difference



EXPERTISE
in-depth knowledge,
high level skills



CREATIVITY
unique way of
thinking, novel
solutions to problems



INTEGRITY
honest &
trustworthy



ANALYTICAL
problem-solve,
identify patterns



Every autistic person is good at doing some things e.g. maths, remember dates, recognising people footsteps



Every autistic person will find somethings difficult



Some people may need more help than others



All autistic people are individual



Autism should not be something you are ashamed of or not talk about



Autism is part of you

Now that we know a little bit more about autism,
does this help?

