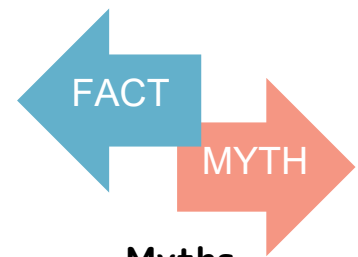


What is Autism?

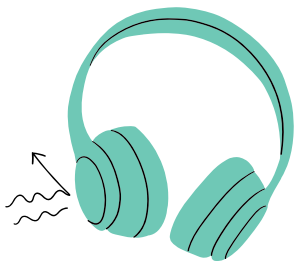
Autism is a lifelong neurodevelopmental difference that affects how people communicate and interact with the world. You can be assessed for autism at any age.

You are born with autism, you do not develop it as you age. The autistic brain is built in a different way to a neurotypical brain (those that don't have autism).



Myths

Autism cannot be 'cured' or treated with medication. You can't catch autism, and you can't develop it after receiving a medical treatment, such as an immunisation.



Sensory

Autistic people process sensory information differently. Many people will have sensory sensitivities and/or need sensory stimulation.



Communication

Autism can cause difficulties with conversations and interactions with others. An autistic person may struggle with eye contact and understanding sarcasm.



Routines

Routines and predictability are important to autistic people. This helps them feel safe, comfortable and regulated. Uncertainty can be stressful.

Strengths and Interests

Autistic people often develop strong, passionate interests and can become expert in a specialist field. They often have strong creativity and artistic ability and have good attention to specific details. There are many famous autistic people.

