



What

is



Autism?



I



have



Autism,

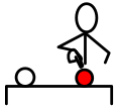


I

am an



Autistic person



This

means



I



see,



hear



and



feel



the world



in

a

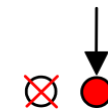


different



way

to



others.



I



may

be



really



good



at



some things



like;



Noticing



small



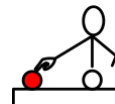
changes



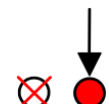
in



the environment



that



others



may



miss



Noticing



patterns



in



information



Remembering

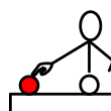


dates

or



things






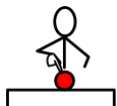


that



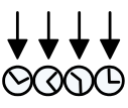









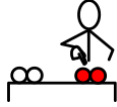


have

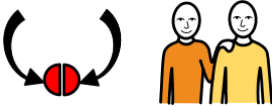


happened



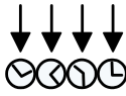
     
Being honest about what I think

     
Picking up new routines and skills quickly










      
I may find some of these things challenging


Making friends





     
Understanding facial expressions and some phrases






  
Changing my routine







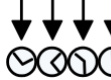

  
Finishing a favourite activity

        
Bright lights, loud noises or different textures or tastes

   
You can help me by



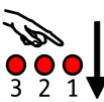



  +  
Being patient and waiting for me

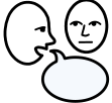


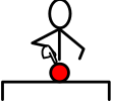



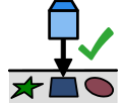
    
Giving me short clear instructions

       
Giving me a warning about a change in routine before it



happens







     
Giving me a countdown before finishing an activity

       +  
Talking to me about what I find difficult and finding solutions



together

     +   
Please remember that I'm unique and not all Autistic

     + 
people are the same or have the same strengths and difficulties.

