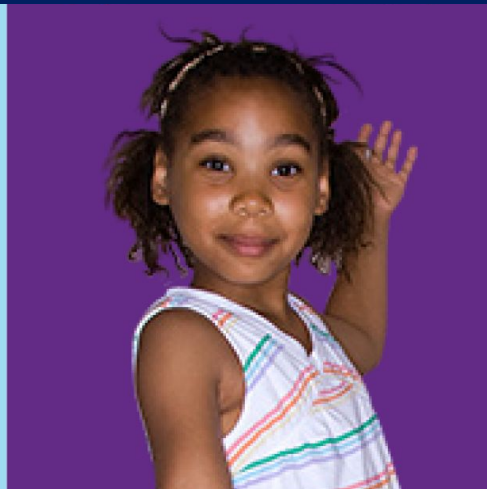


An introduction to Autism



What is Autism?



Autism is a **hidden disability**. A **hidden disability** is a disability that you can't see.



Some Autistic people carry something with this pattern on it. Like on a wristband, card or mobile phone.



The pattern means they have Autism and they want you to know. They might need you to support them. For more information, go to our website page [Can You See Me](#)

What is Autism?



Sometimes Autistic people find it hard using services. Like leisure facilities or community activities.



If everyone understands Autism better, it makes life much easier for the Autistic person.



This presentation is about Autism and how you can help Autistic people.

What is Autism?

Autism is also known by other names, including:

- **Autism Spectrum Disorder (ASD)**
- **Autistic Spectrum Condition (ASC)**
- **Asperger's Syndrome**
- **Pervasive Developmental Disorder**



What is Autism?



Anyone can be born with Autism. If someone has Autism, they have it their whole life.



More men than women are **diagnosed** with Autism. **Diagnosed** means a health professional has checked things like your behaviours and health and has said you have Autism.



Lots of people who are Autistic don't know they are Autistic. Especially adults. 1 in every 100 people in the UK have **Autism**

What is Autism?



Autistic people are different from other people in certain ways:

- The way they talk, listen and understand things
- The way they socialise
- The activities they like to do and how they like to do them
- The way they think
- How much they like things like touch, light and sound



Being sociable



Autistic people can be different from other people in social situations.



Some Autistic people can be different in the way they use and understand:

- speech
- language
- tone of voice
- gestures
- eye contact



Being sociable



Being in social situations can be hard for Autistic people.

Things they can find hard are:

- using and understanding gestures
- understanding body language
- making eye contact
- speaking in a way other people understand



Autistic people find it easier if people just say exactly what they mean.



Being sociable

In social situations, some autistic people find the following things hard:

- meeting new people and making new friends
- having a conversation
- understanding humour
- showing they care about someone



Being sociable

In day to day life, Autistic people might find the following things hard:



- playing, taking turns and sharing things



- having to be polite instead of being honest

- knowing how to build friendships and relationships



- understanding when to end a conversation

Thinking and using imagination

Autistic people think and use their imagination in different ways to other people.



Some Autistic people find the following things hard:

- dealing with unexpected changes
- making plans
- thinking into the future
- fixing problems

Thinking and using imagination

In day to day life, autistic people might find the following things hard:



- playing games with lots of unwritten rules and pretend play



- understanding how things might work out

- understanding how other people might think or feel



- changes to routines and plans

The senses

Our senses are:

- touch
- sight
- sound
- taste and smell
- how we move and hold our bodies

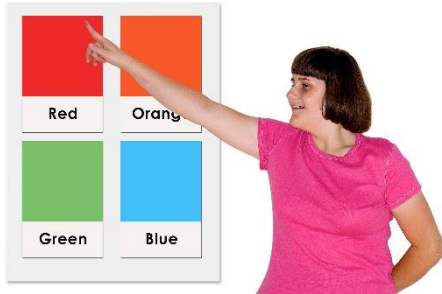


The senses

Some Autistic people feel their senses much stronger than other people.

In day to day life, autistic people might:

- love certain colours
- feel less pain than other people
- find bright lights uncomfortable
- get stressed in noisy and/or busy places
- hate certain smells
- Use behaviours like hand flapping, rocking using an object to get **sensory pleasure** – a nice feeling.



How you can help



- Learn more about Autistic people and be supportive.

- Ask Autistic people how you can help them.



- Think about how you can make an Autistic person more comfortable. Like talking somewhere quiet.



- Change the way you talk to Autistic people so they can understand better.

How you can help



The best ways to talk to Autistic people:

- don't expect autistic people to understand hand gestures or tone of voice
- speak slowly and clearly
- keep it short
- say what you mean
- give autistic people time to think about what you say



More information



Go to our website:

autismwales.org/en/parents-carers/what-is-autism/

- Watch the film **What Is Autism?**



- Complete the questionnaire



- Get your Autism Awareness Certificate

More information



- Apply to become an **Autism Aware** organisation.
- For more information about becoming and Autism Aware organisation, visit our **website**:

<https://autismwales.org/en/education/>



Ymwybyddiaeth am Awstistiaeth
Autism Aware

More information



For more **information** on the **signs** of Autism, go to our **website**:

[AutismWales.org/en/community-services/i-work-with-children-in-health-social-care/the-birthday-party/](https://www.autismwales.org/en/community-services/i-work-with-children-in-health-social-care/the-birthday-party/)

[AutismWales.org/en/community-services/i-work-with-young-people-adults-in-health-social-care/clinicians-toolkit-adults/](https://www.autismwales.org/en/community-services/i-work-with-young-people-adults-in-health-social-care/clinicians-toolkit-adults/)

More information



For more **information** and **resources** go to our **website**.



Or email: AutismWales@WLGA.gov.uk

Or visit our social media page:



AutismWales



@AutismWales