

Possible Characteristics

Each autistic person is unique, some of the possible characteristics are:



- Difficulty with planning
- Unusual voice tone and volume
- Difficulty understanding facial expressions
- Love of routine and predictable, repetitive activities

Sensory Sensitivities

- Autistic people may have difficulty processing everyday information and may become stressed or anxious
- Autistic people can become over or under sensitive in any of these areas: Sight, sound, smell, touch, taste, balance and body awareness
- Background noises might be unbearably loud or distracting
- Touch might be painful
- People may focus on the detail rather than the whole object
- A person may rock, spin or flap their hands to stimulate sensation to help with balance or to deal with stress

Ways to Help...

- **Be Aware:** Look at the environment to see if it is creating difficulties for autistic people
- **Be Creative:** think of some positive sensory experiences
- **Be Prepared:** tell autistic people about possible sensory stimuli they may experience in different environments

Useful Contacts

BHRUT's

Learning Disabilities & Autism Team

020 8970 5719

Email:

bhrut.learningdisabilitiesteam@nhs.net

The National Autistic Society

0808 800 1050

Website: www.autism.org.uk

Autism Hub, Romford

01708 749816

Website: www.sycamoretrust.org.uk/



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AUTISM



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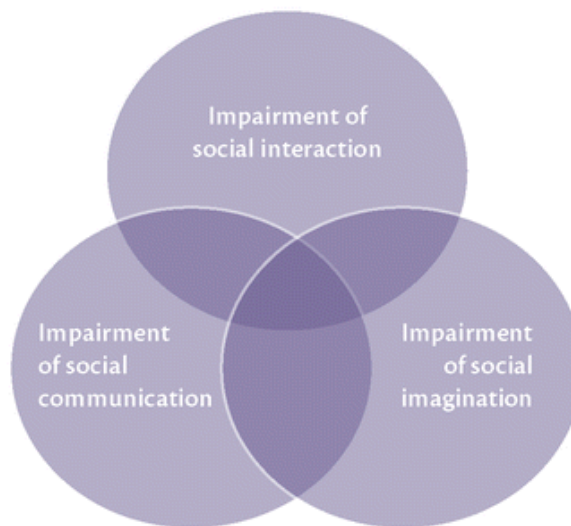
What is Autism Spectrum Disorder? (ASD)

- A lifelong developmental disability, that affects how a person communicates with, and relates to other people and the world around them
- Affects 1 in 100 individuals and is characterised by the Triad of Impairments
- Autistic people will share certain difficulties or traits. 'Spectrum' means that their condition will affect them in different ways

What is Asperger Syndrome?

- A form of Autism
- Fewer problems with speaking and are often of average or above intelligence
- Share the Triad of Impairments
- Now being diagnosed as Autistic Spectrum Disorder instead. Some people may choose to keep using the term, while others may prefer to refer to themselves as autistic or on the autistic spectrum

Triad of Impairments



Common Difficulties

- Difficulties understanding other people's emotions and feelings and expressing their own
- Difficulties predicting what will happen next. Difficulties preparing for change and coping in new or unfamiliar situations
- May not speak, but may still understand, and will prefer to use alternative means of communication e.g. sign language or visual symbols

Communication

- Use simple language with short sentences
- People with ASD may take things literally
- Give direct requests "Please stand up"
- Check they have understood what you have said
- Avoid using body language. This may not be understood
- Ask for the information you need. This may not be volunteered if not asked for
- Use pictures to aid communication and explanation
- Warn people with ASD before you touch or carry out procedures
- Lack of eye-contact does not mean people with ASD are not listening.
- Allow patient extra time to process information
- Use the Autism Passport

