

AUTISM SPECTRUM DISORDER

Raising Awareness In Lincolnshire

ASD may also be known as Autism or Asperger Syndrome. It is estimated over 500,000 people in the UK have ASD. It is thought that many adults are undiagnosed and it is less likely to be picked up in girls and women.

People with ASD have a unique view of the world around them. They may have their own specialist interest which they can have a high level of knowledge about. They can also have good visual skills, a high attention to detail and love routines.

What is ASD? Every individual that has this condition will be affected differently and it is a lifelong developmental disorder. Fundamentally it means that people will have a weakness in dealing with social situations. People can have problems expressing themselves emotionally. People can have unusual sensitivity to their environment, which can cause them a flight, fight or freeze situation. Because their understanding is different they can see and think differently about the world around them. As their behaviours are different it can cause people all sorts of day to day challenges.

COMMUNICATION

- * Problems with verbal and non-verbal communication
- * May find it hard when talking with people to keep a conversation going or not knowing what to talk about
- * May lack understanding of when to start or end a conversation
- * May often talk about themselves and their interests going off on a tangent
- * May not understand what is being said or lack understanding of what is expected of them
- * Can be very literal and may not understand jokes, sarcasm, phrases, idioms, humour and slang
- * Repetitive questioning and echolalia

INTERACTION

- * Often find it hard to make and maintain friendships
- * May lack understanding of social rules and inappropriate behaviours or manners
- * Can find others confusing and unpredictable
- * May stand back from the rest of the group or shy away from the company of others
- * May appear not to listen when spoken to or may be living in their own world
- * May find eye contact hard to maintain or uncomfortable due to processing difficulties
- * May not understand other people's feelings, facial expression, body language, thoughts, actions, voice tones and how close to stand next to someone (i.e. personal space)

FLEXIBILITY

- * May have difficulty dealing with situations, due to problems imagining the outcome or possible dangers
- * Can find it hard to know what is going to happen next
- * Inflexibility of thought and a marked resistance to change, especially without warning
- * May be moody and overreact emotionally, temper tantrums or outbursts resulting in others viewing you or your child as disrespectful or needy
- * May have difficulty transitioning from one activity to another
- * Can demonstrate repetitive behaviour patterns or rituals
- * May have special interests, narrow obsessions, passions, or drives



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DISCLAIMER—This leaflet is not a medical diagnosis and is not a substitute for medical advice, please contact your GP. CANadda is a support group and any information that CANadda and The Hesley Group provide should be used as a guideline only as difficulties vary from person to person. CANadda's information is provided by people that have a personal perspective.