

autism

[ˈɔːtɪz(ə)m]

NOUN

Greek autos 'self' + -ism

some people with

autism

have difficulty understanding
others peoples beliefs, attitudes
and emotions

many people with
autism

do not understand that
thoughts, plans, and points
of view may exist that are
not their own

It is not uncommon
for people with
autism

to have intense and obscure interests
in topics or things

People **WILL** have
autism

all of their lives

(there is no cure)

the symptoms of

autism

fall on a **continuum**

autism

colours every experience

autism

colours every sensation

autism

colours every perception

autism

colours every interaction

some young people with

autism

may be uncoordinated
and clumsy, they may have
dyspraxia...

..as a result of their

autism

They may have difficulty
writing or taking part in
physical games or running.

people with

autism

may be clumsy socially

it is said people with

autism

hate change because

it is distressing...

...however, people with

autism

often find that uncertainty
causes the biggest distress.

people with

autism

live in a world that may
be difficult to understand

72% of children with
autism

report being misunderstood

people living with

autism

may have low

self-esteem & confidence

however...

autism

doesn't need to be disabling

#aspergersandme

A close-up, profile view of a man with short, dark hair, looking towards the right. He is wearing a dark blue and orange striped t-shirt. The background is blurred, showing a white wall with a framed abstract painting and a red object on a table.

Source: bbc.co.uk/iplayer

autism

is a way of being

“**autism**

is part of what I am.”

Temple Grandin

Student Quote:

“**autism**

is different perspectives of peoples minds. So you could have someone that is like basically normal that can receive emotions, and then you can have someone with

autism

It doesn't mean they don't feel emotions, sometimes you can feel them a lot more than other people.”

support of young people with

autism

must include proactive
and reactive elements

A stainless steel bucket with a handle and a tap. Water is splashing into the bucket from the top, and water is flowing out of the tap at the bottom. The bucket is positioned on the left side of the image.

**Stress flows
into the bucket**

**Positive Coping Tap
*lets stress out***

The Stress Bucket

(Brabban & Turkington 2002)

Coping strategies for young people with

autism

spinning/rocking
repeating phrases

Art

Mindfulness/relaxation

Deep pressure massage/touch

video games/ipad

music

talking

distraction

cry/scream/shout

Lego

time-out

mentoring

AUTISM

Changes / Rigidity of Thought / Uncertainty	Communication	Sensory	Physiological, Psychological, Cognition, Additional Medical Needs
Anything new / new situations	Communication / listening difficulty	Being sat down for too long	Constipation
Being told no	Communication difficulties	Brightness	Food / diet
Boredom	Difficulty with self-expression	Busy environment / crowds	Hunger
Change	Emotions and feelings	Clothing	Lack of sleep / Tiredness
Change / transition	Facial expressions	Cold	OCD
Changes in routine	Frustration	Noise and other distractions	Separation anxiety
Change to Routine	Lack of understanding / not understanding	Environment	Sexual frustration
Changes in general routine		Lights	Thinking
Being put on the spot		Being touched	Thirsty
Change to place / venue		Drama	Trigger words
Change to staff		Lighting / lights	
Changes to family		People	
Changes to timetable		Sensory light	
Changing the goalposts		Sensory noise	
Conflicting Advice		Sensory smell	
Days of week		Sensory Tigger's	
Disrupted		Sensory touch / issues	
Holidays		Tone of voice	
ICT		Too much going on	