









What is Autism?

- A lifelong developmental difference 
- Information is processed differently for example: -
 - Difficulty with reading social cues and understanding social situations 
 - Sensory  information may be either: -
 - Too intense, meaning uncomfortable or even painful
 - Lacking in intensity leading to sensory seeking behaviors
 - Spoken  information may be difficult to process because processing may be slower. So visual information may be easier or spoken information may need to be broken down into parts and slowed down
 - Empathy  may be processed differently for example; -
 - Some people may feel every emotion in the room and have a need to block this out
 - Some people may not pick up on other people's emotions very easily
 - A range of experiences in between
 - People on the autism spectrum may be more focused on details 
and less able to see the bigger picture 
 - People on the autism spectrum may be black and white thinkers and take things literally. This can lead to confusion and misunderstanding
 - People on the autism spectrum may like routine and like things to stay the same. This seems safe in a world that is not always accepting or a good fit.
 - Transitions even between activities  can be challenging.
 - Things not being as expected or stated may feel overwhelming and stressful

Challenging behaviour

- For example, melt downs occur when overwhelmed and stressed. These are a Fight/ Flight /Freeze response. The best way through these is to learn a person's triggers and prevent these from occurring. These may occur more frequently in times of stress.