



This leaflet has been checked by the Learning Disability Talk and Listen Group



What is autism?



Some people will need someone to help them to go through this information so that they understand it.

This person may be a member of staff, someone from your family or a friend.

About autism



Autistic people have brains that work a bit differently.

It is not an illness or something that can be changed.



- people are born autistic
- autism is part of who someone is
- autism lasts for life



You can have a Learning Disability and also be autistic.

Talking and Listening



Autistic people may need extra help to understand jokes or to have a conversation.



Autistic people may really like talking about the things they are interested in.



Some autistic people may need extra time to think or answer a question.



Sometimes autistic people communicate using:

- pictures,
- signs or symbols,
- devices like an ipad or mobile phone

Getting on with people



Autistic people may find it hard to say how they feel.



Autistic people may find it hard to understand how other people are feeling.



Autistic people may like quiet places better.



Autistic people may find it hard to make or keep friends.

Needing to know what is happening



Autistic people may find that routines help them to feel safe.



Autistic people may find that doing the same thing again and again can feel calming.



Autistic people may find change scary or confusing.
They may need support to get ready for change.

Sensory Differences



Autistic people may:

- really like or dislike certain sounds, smells, how things feel, lights, or tastes
- react to things differently
- need help to feel comfortable in busy places or may need to avoid them

Stimming



Some autistic people:

- move in ways that help them feel calm, like rocking or flapping
- people call these stims
- stims are a way for people to express themselves. They are not bad behaviour

If you want to know more about autism



You can try:

- Texting ChatAutism on 07312 277097 to get advice from a health professional.
- Looking at this website:
<https://www.autism.org.uk/>