

# ASD Family Help

## Things you should know about Autism



**1 in 100 people are Autistic** It's more common than you think



**Autism is a Lifelong Condition** and every autistic person is unique. With the right support and understanding many can have happy successful lives.



**Autism impacts on how they perceive** and relate to the world around them. They just see it differently sometimes



**Some Autistic people may find socialising difficult with all those unwritten social rules.** They can sound very direct or abrupt sometimes and see things in 'black and white'. They can take things literally, give too much information or miss social cues. They find teasing and sarcasm confusing.



**Autistic people experience sensory sensitivity**, so they could be affected by sounds, touch, smells, light, colours, textures, temperatures, or pain. so sometimes the environment around them can cause great distress.



**Autistic People can have any level of intelligence** they do prefer routine and structure, change can make them become anxious.



**Autistic people can become overwhelmed** with the environment, people and emotions. So please give them time to process information

**Embracing autism and building on awareness can have a positive impact on the autistic community and you. With the right support and understanding autistic people can have happy and successful lives.**