

ASD Support Sheet 2020

WHAT IS AUTISM?

AUTISM:

is a social disability
is a hidden disability
varies from person to person
include Asperger's Syndrome



AUTISM CHALLENGES:

communication
interaction
ways of thinking
sensory processing

AUTISM - What's the Difference?



Traits that a person without Autism may display:

Can process information quickly
Can easily calm self after stress
Can change plans quickly and easily
Good at reading facial expressions
Loves to talk!
Gets jokes - appreciates sarcasm
Can easily empathise
Can ignore background noises
Can tell white lies
Has a range of interests
Easily understands the complexity of different types of relationships
Enjoys socialising
Likes surprises!

Can you see the difference?



Traits that a person with Autism may display:

As Autism is a hidden disability, it is impossible to tell if a person has Autism from their appearance. However, there are certain behaviour traits that MAY be displayed by an individual with Autism. By being aware of these differences, a person may be better able to assist and support an individual with Autism, if necessary.

Can take words and phrases literally
May be anxious
Can be rigid or routine bound
Unusual behaviours
Lack of facial expression
Little interest in small talk
Difficulty understanding others points of view
Sensitivity to sound
Extreme honesty
Special interests or obsessions
Often knowledgeable & driven on certain topics

Top Tips for staff and parents!

- Back up your spoken word with visual supports i.e. objects, photographs, pictures or written word.
- Give clear, slow, direct instructions.
- Give time for processing the spoken word – 10 second rule i.e. up to 10 seconds to respond.
- Avoid sarcasm, joke and open-ended questions.
- Provide a clear visual timetable of day's events.
- Be aware of literal interpretation of language e.g. "get a grip" "wind your neck in".
- Tell the person what you 'want them to do' not 'what not to do'.
- Always respond calmly and slowly.
- Do not stand too close to the person.
- Organise the environment – define areas/have clear boundaries
- Encourage a positive, consistent routine.
- Be aware of sensory issues in the environment.
- Social stories are a great way to help a child understand the world around them.
- Do not insist on eye contact: a person with ASD may simply concentrate on what you are saying.
- Praise, praise, praise! If the young person is able to communicate things to you then let them know how pleased you are with them.



Chris Packham CBE (TV presenter) is an Autistic man. These are his favourite facts about Autism:

1. Satoshi Tajiri the inventor of Pokemon is autistic.
2. Mozart, Einstein and Sir Isaac Newton had autistic characteristics and would probably be diagnosed with autism if they were alive today.
3. 90% of autistic people have sensory issues. This means they experience the world really intensely but sometimes find it too bright, loud and confusing.
4. There are more autistic people in the UK than words in the first four Harry Potter books.

It is as if

"everybody is playing some complicated game and I am the only one who has not been told the rules"

Claire Sainsbury, author of "Martian in the Playground"

Where can I seek help?

REACH School SENCO – Amanda Thomas
 Assistant SENCO – Alison Miller
 Birmingham City Council SEND Department –
www.birmingham.gov.uk/localoffer
www.autism.org.uk
www.autismwestmidlands.org.uk
<https://www.autismeducationtrust.org.uk>

Autism Key Facts:

- There is no cure for Autism. People who are born with Autism will always have Autism. Most people learn ways to cope as they grow up.
- Most people with Autism can get jobs, have relationships and live independently.
- People with Autism often find it hard to empathise with others or understand others' feelings.
- It is important to warn some people with Autism if things are going to change in their surroundings or schedule, as they may find this hard.
- People with Autism can sometimes be very sensitive to noise, light or touch sensations, for example, the feel of certain fabrics against their skin.
- People with autism are not all alike. Just like everybody, they have different personalities and needs.
- People with Autism need friends just like anyone else.
- The ratio of females to males diagnosed is approx. 1:4
- Girls with ASC can find recognising and managing conflict much more difficult than non-autistic girls do, impacting on their ability to remain and maintain friendships.

Always
 Unique
 Totally
 Interesting
 Sometimes
 Mysterious