

About Asperger syndrome



What is Asperger syndrome?

Asperger syndrome is a type of disability.

There are many people with Asperger syndrome in the world.

You cannot tell that someone has Asperger syndrome by looking at them.

Asperger syndrome lasts for all of a person's life. Some people know that they have Asperger syndrome when they are children. But sometimes people do not know they have Asperger syndrome until they are older.

People with Asperger syndrome can do a lot of things and learn a lot of skills.

People with Asperger syndrome find these things difficult

- They find it difficult to tell people what they need, and how they feel.
- They find it difficult to meet other people and to make new friends.
- They find it difficult to understand what other people think.



What causes Asperger syndrome?

No one knows why people have Asperger syndrome.

If your child has Asperger syndrome, it is not because you are a bad parent.

More than 1 person in a family may have Asperger syndrome. It can be genetic. This means Asperger syndrome can pass from parents to their children.



How do people with Asperger syndrome behave?

Here are some ways in which people with Asperger syndrome might behave.

They can have good language skills. But some people with Asperger syndrome think that people always mean what they say. For example, someone with Asperger syndrome might not be able to tell when someone is joking.

They may only talk about their favourite subject.

They may be very interested in some things. For example, they may be very interested in trains or the weather.

They may not understand how other people feel.

They may want to take part in games or activities with other people. But they may not know how to do this.

They may like to play the same game or do the same thing every day.



What else is special about Asperger syndrome?

Here is some more information about people with Asperger syndrome.

- They can have a good IQ and may go to the same school as children who do not have a disability. Your IQ is a number. Your IQ is a way of thinking about how much you can learn and what you can do for your age.
- They may be bullied at school because other children think they are different. Being bullied means being treated badly by other people.
- They may be very good at something. For example, they may be very good at maths, art or music.
- They may be very good at learning information.

- They may be good at concentrating on one activity. Concentrating means to focus your mind on one thing.
- They may find co-ordination difficult. This means that they may find it difficult to do things like use scissors, use knives and forks, or ride a bike.
- They may have learning difficulties such as dyslexia. Dyslexia makes it difficult for a person to read and spell words.
- They may have mental health problems, such as anxiety or depression.

The 5 senses

The 5 senses are

- sight
- sound
- smell
- touch
- taste.

Here is some information about how Asperger syndrome can affect someone's senses.

Sight

Some people with Asperger syndrome may not like bright lights and colours. Other people with Asperger syndrome might like them a lot.

Sound

Some people with Asperger syndrome may not like loud noises. Other people with Asperger syndrome might like certain noises.

Smell

Some people with Asperger syndrome may not like some smells. Other people with Asperger syndrome might like a certain smell.

Touch

Some people with Asperger syndrome may not like being touched. Other people with Asperger syndrome might like being touched.

Taste

Some people with Asperger syndrome may like to eat the same food every day. Other people with Asperger syndrome might like lots of different food.

Autism

Asperger syndrome is a type of **autism**.

People with autism find the same things difficult as people with Asperger syndrome. People with autism may also have learning disabilities. Some people with autism may not speak.

Here are some of the things that people with autism find difficult.

- They find it difficult to tell people what they need, and how they feel.
- They find it difficult to meet other people and to make new friends.
- They find it difficult to understand what other people think.



How to get more information

You can get more information about Asperger syndrome from

Autism Helpline



Phone: 0845 070 4004



Minicom: 0845 070 4003



Email: autismhelpline@nas.org.uk

Open from 10am until 4pm

Open from Monday until Friday

The National Autistic Society's website



www.autism.org.uk

We hope you found this information easy to read. We welcome your comments on how we can improve it.

You can email your comments to:

publications@nas.org.uk