

About autism



What is autism?

Autism is a type of disability.

There are different types of autism.

There are many people with autism in England, Scotland, Wales and Northern Ireland. 1 out of every 100 people has autism.

You cannot always tell that someone has autism just by looking at them.

Autism lasts for all of a person's life. But they can still do a lot of things and learn a lot of skills.

People with autism 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 autism?

No one knows why people have autism.

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

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



How do people with autism behave?

Here are some ways in which people with autism might behave.

They may not speak.

They may not understand what other people say.

They may copy what other people say.

They may only talk about their favourite subject.

They may not understand how other people feel.

They may not take part in games or activities with other people.

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



What else is special about autism?

Here is some more information about people with autism.

- 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 be very good at something. For example, they may be very good at maths, art or music.
- They can be good at learning how to do something when they see someone else doing it.
- They may be good at concentrating on one activity.
- They may have learning disabilities.
- They may have other difficulties. For example, they may have dyslexia.

The 5 senses

The 5 senses are

- sight
- sound
- smell
- touch
- taste.

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

Sight

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

Sound

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

Smell

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

Touch

Some people with autism may not like being touched.
Other people with autism might like being touched.

Taste

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

Asperger syndrome

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

People with Asperger syndrome do not have learning disabilities. But they find the same things difficult as people with autism.

Here are some of the things that people with Asperger syndrome 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 autism 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