

What is Autism?

Autism, or autism spectrum disorder (ASD), refers to a wide range of conditions portrayed by people who have challenges within social skills, repetitive behaviors, speech and nonverbal communication.

(Autism Speaks, n.d.)

What is Asperger's Syndrome?

Asperger's syndrome was formerly identified as being a recognisable autism spectrum disorder. Usually individuals with Asperger's syndrome have normal or higher intelligence but typically have difficulties with social interactions. They often have universal and have a fascination in certain topics.

(Mellissa Conrad Stöppler, MD-n.d.)

Helplines

National Autistic Society-

0808 800 4104

Monday-Thursday, 10am-4pm

Friday, 9am-3pm

(UK only)

Child Autism UK-

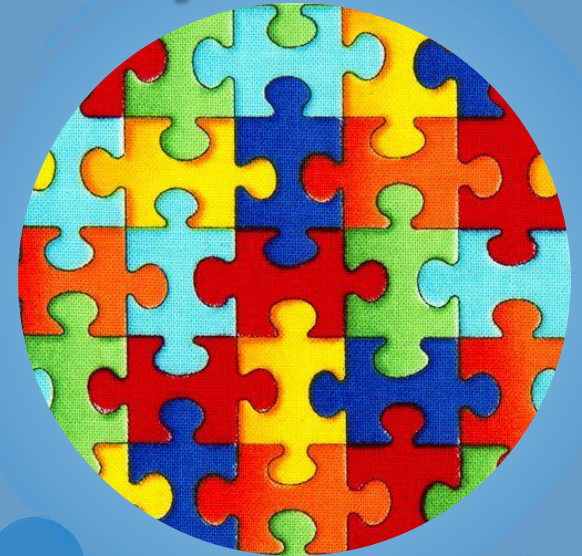
01344 882248

(2 pm – 4 pm weekdays)

Additional Information

- **Autism- NHS**
- **National Autistic Society**
- **Child Autism UK**

Austism and Asperger's Syndrome



The 'Puzzle Piece' (Autistic Cook, 2013)

What are the Symptoms of Autism?

Autism's core symptoms are:

- Social communication challenges and
- Restricted, repetitive behaviors.

Social communication challenges

- Spoken language (around a third of people with autism are nonverbal)
- Gestures
- Eye contact
- Facial expressions

Additional social challenges

- Recognising emotions and intentions in others
- Recognising one's own emotions
- Expressing emotions
- Seeking emotional comfort from others
- Feeling overwhelmed in social situations

(Autism Speaks, n.d.)

Helping Your Child with Autism Thrive

- Learn about autism
- Become an expert on your child
- Accept your child, quirks and all
- Don't give up

(Help Guide, n.d.)



AUTISM SPEAKS™
It's time to listen.

Autism Speaks Logo
(Autism Speaks, n.d.)

What are the Symptoms of Asperger's Syndrome?

Social Symptoms

- Problems making or maintaining friendships
- Isolation or minimal interaction.
- Poor eye contact or the tendency to stare at others
- Trouble interpreting gestures
- Fascination with certain subjects.

Cognitive Behaviors

- A superior rote memory
- Ability to understand technical or factual information
- Trouble absorbing abstract information
- Tendency to focus on details, which may result in missing "the bigger picture"

(Julie Marks, n.d.)