

What is Autism and Asperger's Syndrome?

Autism is condition that affects the way of communicating and interacting with others.

Autism is known for affecting their sight, hearing and experiences in the world differently to that of someone without autism.

(Dr. Rita Jordan, 2002, p.7)

While Asperger's Syndrome is a form of autism it is known for the person typically having strong verbal language and intellectual skills/abilities, which distinguishes it from autism.

(Autism Speaks, 2019)

Helplines

National Autistic Society (UK)

Call 0808 800 4104 for more information

Monday—Thursday from 10am—4pm

Friday from 9am—3pm

(Excluding Bank Holidays)

Child Autism UK

Call 01344 882248

Or email info@childautism.org.uk for more information

Autism Spectrum & Asperger's Syndrome

 Always
Unique
Totally
INTERESTING
Sometimes
Mysterious

Jenny Hansen's Blog, 2011

What are the signs of autism?

There are many signs that could indicate that someone might have autism spectrum disorder.

Most often than not people with autism would suffer from difficulties of communication and connections of both the emotional and social aspects.

The most common signs of autism spectrum disorder are:

- Avoiding eye contact
- Delayed speech and communicational skills
- Following rules and/or routines
- Sensory overload— reacting differently to the 5 senses than that of people without autism
- Repetitive behaviour (e.g. clicking their fingers, tapping, or rocking back and forth etc.)

(Ada, 2019)

How do you help your child with autism/Asperger's Syndrome?

- Don't wait for a diagnosis.
- Learn about the basics of autism.
- Become an expert on your child— learn their behaviours, are they repetitive, do they need a specific colour to concentrate? Etc.
- Accept your child as to who they are and not who they are not.
- Simply don't give up.
- You should be consistent—stick to a schedule to help your child with mealtimes, therapy, bedtime.
- Reward them on their good behaviour—the positive reinforcement will help them go a long way.
- Create a safe home environment.

(Help Guide, n.d)

What are the signs of Asperger's Syndrome?

Asperger's Syndrome was known previously as a diagnosis on the autism spectrum.

It is known for generally involving:

- Difficulty with social interactions
- Restricted interests and
- Distinctive strengths.

These strengths can include:

- Exceptional focus
- Attention to detail and a
- Tendency to recognize patterns.

(Autism Speaks, 2019)



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