



What do you know about autism?

In our community, autism is a lifelong neurodevelopmental disability that affects how people interact with and experience the world. Growing numbers of people are being diagnosed as Autistic, with members of our mob amongst that increasing group.

Our deadly but different mob experience and express different Autistic traits in unique and individual ways. Like us, when you have met one Autistic person, you have met one Autistic person. In our community, our Autistic mob tend to differ from non-Autistic people in a few key areas. These areas include social interaction, communication, thinking, sensory processing, and movement. Below is a list of common Autistic traits for each key area.

Social interaction and communication

- Prefer direct and literal communication.
- Have difficulty understanding sarcasm and figures of speech.
- Uncomfortable with eye contact.
- Speak loudly or off-topic.
- Prefer to spend time alone.
- Have difficulty making friends with non-Autistic people.
- Use echolalia: repeating phrases they have heard before.
- Communicate using AAC (Augmentative and Alternative Communication) e.g., computer text-to-speech, letterboards.

Thinking

- Have strong and highly focused interests.
- Have strong attention to detail.
- Take longer to think about things.
- Have a strong preference for routines.
- Overwhelmed by unexpected changes.
- Have difficulties with 'executive functioning' e.g., planning, carrying out a task.

Sensory processing and movement

- Under- or over-sensitive to certain senses such as touch, sound, lights, temperature, tastes, and smells.
- Have difficulty interpreting internal senses e.g., hunger, or pain.
- Use stimming: repetitive behaviours e.g., flapping hands, rocking.
- Have difficulty with coordination and fine motor skills.



There are many supports for our community. For more information about autism, contact Autism Connect to speak with one of our autism advisors.

Phone 1300 308 699

Email, webchat and search at amaze.org.au/autismconnect