Autism

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Symptoms

- Difficulty with eye contact, social cues or small talk.
- Strong need for routine or repetitive movements (stimming).
- Over or under-sensitive to noise, light or textures.

Age & Gender

- Signs often appear by age 2 or 3, but diagnosis can happen at any age.
- Diagnosed more often in males.
- Females are frequently missed because they are better at masking symptoms.

Misconceptions

- People with autism feel empathy, but may show it differently.
- It’s a lifelong condition and not just for children.
- Not everyone is a genius. Abilities vary widely.

Diagnosis

- Diagnosis is based on observing behaviour and developmental history.
- Usually involves paediatricians, psychologists and speech therapists.

Support options

- Speech and Occupational Therapy help with daily living skills.
- There's no medication for autism itself.
- Peer support groups are vital for mental health.

Support

- Be direct and literal. Avoid sarcasm or hints.
- Lower lights and noise to reduce sensory overwhelm.
- Allow extra time for them to process information and respond.

This information isn't a diagnostic tool. If you recognise these symptoms in yourself or others, please contact a doctor.

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