

## What is autism?



Easy read guide



Some people have autism.



Autistic people may think and do things differently to other people.



Autism is not an illness.



It is something to be proud of.



Autism is a spectrum.



A spectrum means it is not the same for everyone.



Autistic people are all different.



Autism is lifelong.

That means people are autistic for their whole life.



People can be told they have autism at any age.

# Signs of autism



Autism is different for everyone.



Autistic people might:

- Be really interested in hobbies



- Be really creative



- Like routines and knowing what will happen



- Remember lots of information



- Find it hard to know what to say to people



- Not understand some jokes



- Not like loud noise or bright lights



- Make movements, like rocking or waving their hands



Some autistic people change the way they act to fit in.



This is called masking.

## Support for autistic people



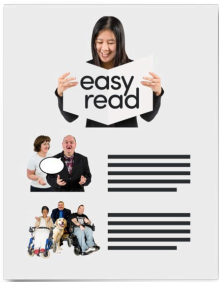
Different things help different people.



Some autistic people might only need a bit of support.



Some autistic people might need a lot of support.



Some autistic people may find it helpful to have:

- Information explained in a simple, clear way



- Different ways to communicate



- Extra time to do tasks



- A quiet space



- Time to get used to changes



- Sensory toys or fidget toys

## If you think you might be autistic



If you have these signs it doesn't always mean you have autism.



You can talk to your doctor if you are unsure.



It can take a long time to be told if you have autism.



Some autistic people might have other support needs too.



Everyone should get the support that is right for them.



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