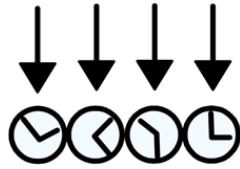


## Routine and difficulties with change



Many individuals with Autism need routine; small changes can cause lots of anxiety. Some examples of where slight changes may occur:

- Their environment (e.g. changes in minibus seating)
- Clothing/personal items (e.g. wanting to wear their coat in the summer)
- The order in which things happen
- Using repetitive language (e.g. asking a question repeatedly)

## Becoming overwhelmed



Individuals with Autism can become highly anxious, and can be unable to express their anxiety in a typical way

These are not temper tantrums and should not be viewed as such; the learner is trying to communicate something to you

We need to think about why the individual may be overwhelmed

## Special interests



Individuals may have special interests! See if you can find out what these are

## Key Facts about Autism



## Communication difficulties

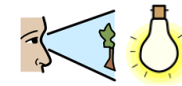


People with Autism may have difficulties communicating. Their ability to communicate (to understand and to express their wants/needs) varies between individuals

Have a look at individual strategies to help you adapt your communication

## Sensory difficulties

Individuals with Autism might struggle to process sensory information:



Sights (including lighting)



Sounds



Smells



Tastes



Touch



Balance



Body awareness

Take a look at this video from the National Autistic Society on what it's like to have sensory difficulties:

[https://www.youtube.com/watch?time\\_continue](https://www.youtube.com/watch?time_continue)