

1 Core Features of Autism Spectrum Disorder

People have a range of strengths and difficulties in different areas. Everyone is different!



Social

- Difficulty using eye contact
- Difficulty guessing another person's perspective (eg: how they might be thinking or feeling)
- Difficulty understanding "social rules" (eg: how to behave in different kinds of situations)
- May find social situations confusing
- Difficulty making or keeping friendships
- Can easily enjoy time spent alone



Communication

- Difficulty holding conversations (eg: may not know what to say)
- Difficulty getting involved in group conversations
- Misunderstanding some things (eg: jokes)
- Difficulty reading emotions in other people
- Difficulty noticing and describing own emotions
- Having a strong vocabulary
- Can easily talk a lot about 1 or 2 special topics
- Difficulty noticing 'non-verbal' cues (eg: body language) and/or responding to them the way that people expect



Behaviour

- Very focused or intense interests
- Very determined about values and morals
- Preferring things to stay the same, or having a routine
- Habits or rituals (eg: collecting things, or doing things a certain way)
- A good ability to follow rules



Body

- Sensitive to certain sounds, tastes, smells or feelings on your skin
- Difficulties with coordination or clumsiness (eg: trouble with some sports)
- Difficulty with handwriting
- Feeling changes in temperature or pain more or less than others
- Difficulty with sleep
- May not care much about fashion or 'grooming'



Thinking

- Logical thinker
- Good with facts and figures or details
- Good at visualizing things
- Specialist knowledge in certain areas
- Good at research – curious and inquisitive
- Difficulty with abstract ideas (eg: 'the future')
- Like having things written down to help remember