

If you feel like you don't know much about autism, you are not alone. We welcome you no matter where you're starting on your journey towards autism inclusion.

What is autism?

Autism is a neurological developmental difference that impacts the way an Autistic person sees, experiences, understands and responds to the world.

Every person's lived experience of autism is different.

Autism is lifelong

People are Autistic for their whole life.

Hidden disability

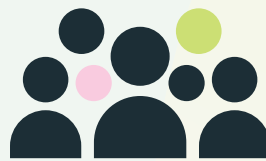
Autism is a hidden or invisible disability meaning you may not always be able to see who is Autistic.

Language

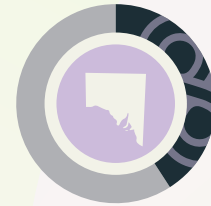
Most people prefer identity-first language (I am an Autistic person). Others may prefer alternative language (person on the autism spectrum). Preferred language should be informed and guided by Autistic people.

What causes autism?

Causes of autism are largely unknown. There are genetic and developmental factors involved. Autism is not caused by vaccinations or bad parenting.



Autistic people make up **1-2%** of the population



41% of SA NDIS participants have autism as their primary disability

Autistic Strengths

- Attention to detail and hyperfocus
- Passionate interests
- Subject matter expertise
- Reliability and loyalty
- Honest and direct communication

Autistic differences

- May require support to interpret social communication and nuance
- Can pay attention without making eye contact
- May enjoy predictability and security in routine
- Sensory processing and regulation needs

Up to **95%** of Autistic people process sensory information differently such as taste, touch, smell, sight and sound.

