

Useful links:

- **The National Autistic Society:**
<http://www.autism.org.uk>
- **NHS Choices:**
<http://www.nhs.uk/Conditions/Autistic-spectrum-disorder/Pages/Introduction.aspx>
- **Oldham Autism Strategy:**
http://www.oldham.gov.uk/info/200373/learning_disabilities_and_autism/1747/oldham_s_autism_strategy
- **Autistic Society Greater Manchester Area:**
<http://asgma.org.uk/>
- **Salford Autism:**
<http://www.salfordautism.org.uk/>

If you would like more information, please contact us
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Images and some content courtesy of Boardmaker- Mayer Johnson,
National Autistic society and NHS choices



Just like you

A person with Autism
is as individual as you are



This leaflet was written by someone with Autism. This is what they want you to know -

Autism is a lifelong, developmental disability that cannot be cured.

It can affect:

- how a person interacts with other people
- how they communicate
- how they experience the world around them and
- how they process sensory information

There are around 700,000 people in the UK who are on the autism spectrum.

Autism varies from mild to severe and affects both adults and children.

Autism affects adults and children and is sometimes described as a 'hidden disability' because there are no physical clues.

People with Autism often have difficulty with social interaction. They may not recognise or understand other people's body language and feelings.

They may also struggle with organising and planning things, so it is important to be clear about what you are saying or what you are asking them to do.



Remember we are as individual as everyone else and we are people just like you.



Do



- Say exactly what you mean
- Use simple language
- Be face to face if possible
- Use gestures to help understanding
- Give extra time to think
- Be aware that they may taste, smell, hear, feel or see things differently to you.



Don't



- Use language that has more than one meaning or means something else eg: 'its raining cats and dogs'
- Use complex language
- Give lots of instructions or information all at once
- Use open ended questions