



www.oursmallwonders.org

EXPERIENCE SHEET ON AUTISM

- Each and every one of us is a complete person within ourselves. Each and every one of us is also different. We feel differently. We dream differently. We sense the world around us differently. **We all have a different way of being.**
- **You may know someone with autism, their friends or family.**
- **Autism is a lifelong developmental disability** associated with poor social skills. It is sometimes referred to as an “invisible disability” as there is nothing about how people with autism look that sets them apart from other people. However, people with autism may communicate, interact, behave and learn in ways that are different from most people.
- Individuals with autism have **emotions** and are able to form attachments with others although they may express them differently. Similarly, many individuals with autism are able to **communicate**. This may through the thorough use of language, use of gestures, picture exchange, sign language, spoken language, or computer technology. Individuals with autism will display a range of **sensory needs** that can affect their behaviour.
- **Autism is sometimes referred to as a “spectrum condition”**. This means that just like people without autism are different from each other, people with autism are different too. Autism can translate into a wide range of symptoms.

Copyright © Our Small Wonders - 2019. All rights reserved.

Our Small Wonders is a volunteer association run by a group of parents and friends of children and adults with autism. We provide general information only and nothing we have said is meant to be a substitute for professional medical advice, diagnosis or treatment. All information on this website is provided free of charge. See our legal notices on our website (www.oursmallwonders.org) for full details.



www.oursmallwonders.org

The intensity with which it affects their ability to function also varies from mild to severe. The range of consequences is also extensive. At one end, the autism of a computer scientist may not be noticeable to others; at the other, a quarter of children with autism do not speak.

- Research on autism continues. There are currently no known **causes**, although genes are considered as one of the risk factors that can make a person more likely to develop autism.
- Autism also does not have a **known cure**, although research shows that early intervention therapies can help an individual's overall prognosis.
- To show support for someone with autism or their family and friends you may want to:
 - Find out as much about autism and spread autism awareness and autism acceptance in Pakistani communities;
 - Help support individuals with autism in Pakistani communities and their families by listening to their experiences; showing empathy for any challenges and celebrating successes;
 - Provide practical support where possible.
- To find out more, including on practical tips and thoughts please visit www.oursmallwonders.org

Copyright © Our Small Wonders - 2019. All rights reserved.

Our Small Wonders is a volunteer association run by a group of parents and friends of children and adults with autism. We provide general information only and nothing we have said is meant to be a substitute for professional medical advice, diagnosis or treatment. All information on this website is provided free of charge. See our legal notices on our website (www.oursmallwonders.org) for full details.