

# Autism



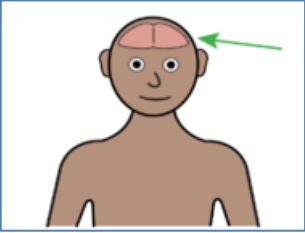

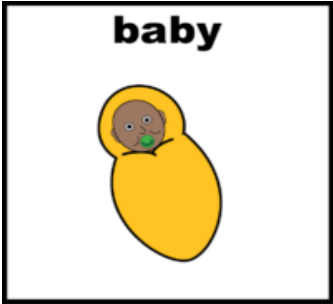
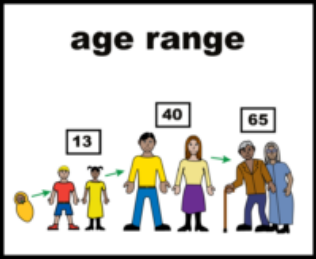

## Easy read information





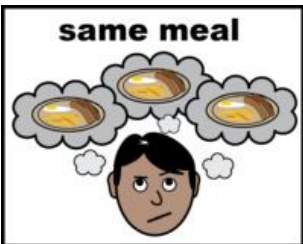
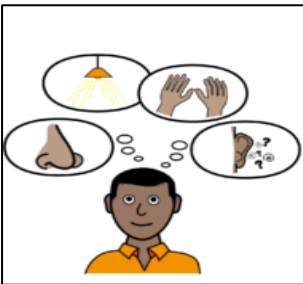
Some people may need support to read this leaflet.

This person may be a family member, friend or member of staff.

## What is Autism?

|   |  |
|---|--|
|    | <p>Everyone has a brain.</p> <p>Autism makes your brain work in a different way.</p>   |
|    | <p>We do not know what causes it.</p>  |
|   | <p>People are born with autism.</p>  |
|  | <p>It lasts for a person's life.</p> <p>It does not go away.</p>   |
|  | <p>You may wish to watch this video about Autism:</p> <p><a href="https://youtu.be/Lk4qs8jGN4U">https://youtu.be/Lk4qs8jGN4U</a></p> |

# What does being Autistic mean?

| Autistic people can have differences in:  |   |
|---|---|
|    | <p>Getting on with people.</p>  |
|   | <p>Talking and listening to people.</p> <p>Communicating with people.</p>   |
|  | <p>Needing things to stay the same.</p> <p>For example, having the same food for each meal.</p> <p>Or always wearing the same types of clothes.</p>   |
|  | <p>Liking or not liking:</p> <ul style="list-style-type: none"> <li>• Sounds</li> <li>• Smells</li> <li>• Tastes</li> <li>• Touch</li> <li>• Lights</li> </ul> <p>These are called sensory sensitivities.</p> |



Having a special interest.



Feeling really worried about things.

This is sometimes called anxiety.



Becoming upset or scared.

Becoming very quiet.

Becoming angry.

This is sometimes called meltdown or shutdown.



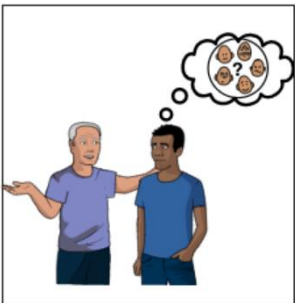
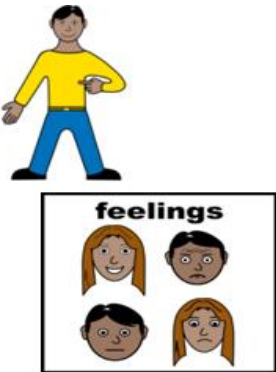


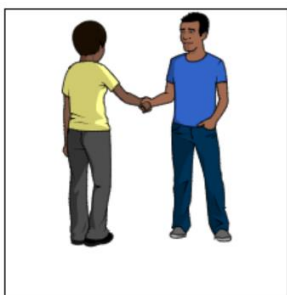
Every autistic person is individual.

Every autistic person has things they are good at.


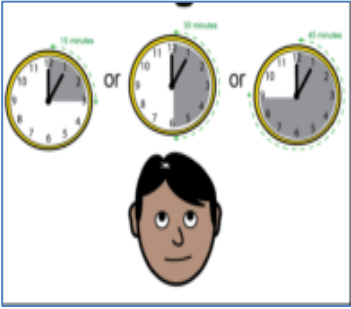


Every autistic person has things they find difficult.

**Here's some more information on each of these areas.**

|   |  |
|---|--|
|    | <p>Differences in getting on with people can include:</p>                  |
|   | <p>Not knowing the right thing to do or say.</p>                           |
|  | <p>Finding it hard to understand other people's thoughts and feelings.</p> |
|  | <p>Finding it hard to understand your own thoughts and feelings.</p>       |

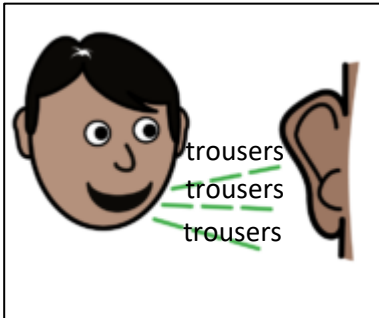


Finding it hard to make and keep friends.

|   |  |
|---|--|
| <p><b>communication</b></p>  | <p>Differences in communicating with people can include:</p> |
| <p><b>more time</b></p>      | <p>Needing more time to understand things.</p>               |
|                            | <p>Not speaking or speaking very little.</p>                 |
|                            | <p>Difficulty understanding jokes.</p>                       |



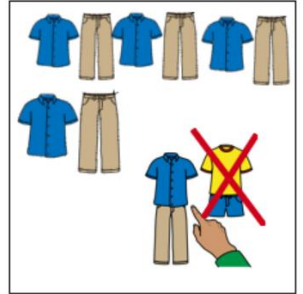

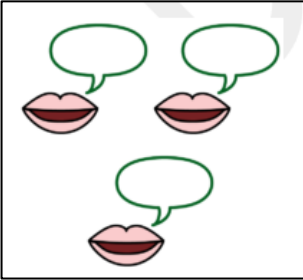



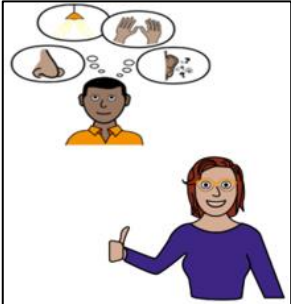


Repeating what others say.


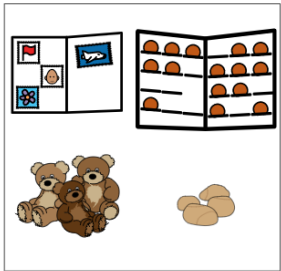
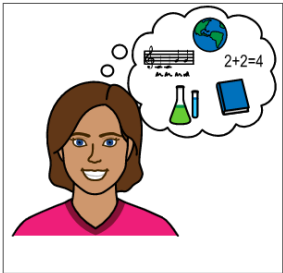




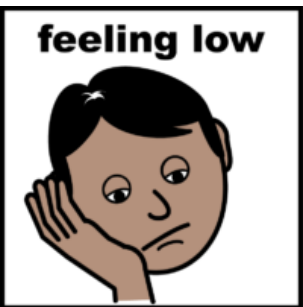
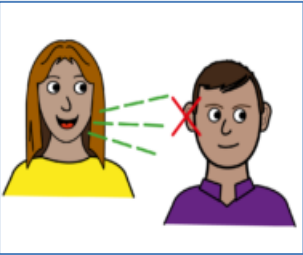


Repeating the same words again and again.



|  |   |
|--|---|
|  <p>The illustration shows a person's head with three thought bubbles above it, each containing a bowl of soup. The text "same meal" is written above the bubbles.</p>                  | <p><b>Needing things to stay the same can mean:</b></p>                               |
|  <p>The illustration shows a person's head with three thought bubbles above it, each containing a bowl of soup. A large red 'X' is drawn over the entire scene.</p>                     | <p>You don't like change.</p> <p>For example when you are given a different meal.</p> |
|  <p>The illustration shows several pairs of clothes (blue shirts and tan pants) laid out. A hand is pointing to a pair of clothes, and a red 'X' is drawn over one of the options.</p> | <p>Liking things to happen in the same way.</p>                                       |
|  <p>The illustration shows three identical analog clocks, each displaying the same time (approximately 1:50).</p>   | <p>Needing things to happen at the same time.</p>                                     |
|  <p>The illustration shows three mouths, each with a speech bubble above it, indicating repeated conversation.</p>  | <p>Talking about the same thing again and again.</p>                                  |





|   |  |
|---|--|
|    | <p><b>Differences in sensory sensitivities can mean:</b></p>   |
|    | <p>You want more of what you like.</p> <p>For example, bright lights or strong smells.</p>   |
|  | <p>You do not like certain things.</p> <p>For example, loud noises, being touched.</p>   |
|  | <p>May repeat actions like</p> <ul style="list-style-type: none"> <li>• Rocking</li> <li>• Flapping hands.</li> </ul> <p>This is sometimes called 'stimming'.</p> <p>People do this because:</p> <ul style="list-style-type: none"> <li>• They like it</li> <li>• To communicate</li> <li>• To calm them.</li> </ul> |

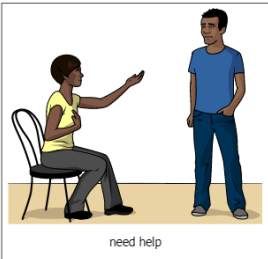


|   |  |
|---|--|
|                              | <p><b>Having a special interest can include:</b></p> |
|                              | <p>Collecting items or things.</p>                   |
|                             | <p>Knowing a lot about something.</p>                |
| <p><b>finding out</b></p>  | <p>Wanting to know everything about something.</p>   |
| <p><b>talk to</b></p>      | <p>Talking about your interests a lot.</p>           |

|   |  |
|---|--|
| <p><b>worried</b></p>        | <p>Feeling really worried about things can mean:</p>                       |
| <p><b>feeling low</b></p>    | <p>You do not want to do anything.<br/>You do not want to go anywhere.</p> |
|                             | <p>You have difficulty paying attention.</p>                               |
| <p><b>can't sleep</b></p>  | <p>Having problems sleeping.</p>   |
| <p><b>ill</b></p>          | <p>You feel unwell.</p>  |



You cannot relax.

|  |   |
|--|---|
| <p><b>upset</b></p>               | <p><b>Meltdowns and shutdowns can mean:</b></p>                               |
|                                   | <p>You become very quiet.</p> <p>You do not want to be with other people.</p> |
| <p><b>hurting yourself</b></p>  | <p>You become angry.</p> <p>You may hurt yourself or others.</p>              |
| <p><b>panic</b></p>             | <p>You do not feel in control.</p>  |

|   |  |
|---|--|
|  <p>need help</p>    | <p><b>Getting help:</b></p>  |
|                      | <p>Being autistic does not always mean that you need help.</p> <p>Some people manage well.</p> |
|  <p>difficult</p>   | <p>Sometimes you or the people close to you may have some difficulties.</p>                    |
|  <p>need help</p>  | <p>Some people need more help.</p>   |
|  <p>it is hard</p> | <p>Sometimes you may find things hard.</p>   |



There are different people in the Learning Disability Team that can help.

You must have a Learning Disability



If you feel you need some support you can contact the Learning Disability Team on:

**0161 206 0604**

[learningdisability.customercare@nca.nhs.uk](mailto:learningdisability.customercare@nca.nhs.uk)



**To make a referral to the Learning Disability Health Professionals Team:**

Use the QR code:



Or use this link:

<https://adultsportal.salford.gov.uk/web/portal/pages/home>

#### **March 2024**

This document has been developed by the Salford Learning Disability Team.

This document has been peer reviewed by the following groups: 'Power In Our Hands Group' (Aspire), 'Life Skills Group' (Aspire), Salford Spectrum Group, 'People We Support Group' (Bolton Cares)

Special thanks to members of the Salford Listening to People Group and Total Communication Lead. Salford Learning Disabilities Team