

# Autism and Me

## Easy Read



The picture on the cover was made by Vicky Smith and group leader Ellie Smith. It shows what people with Autism can achieve.

# What is in this booklet?

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About this Booklet



Things people with Autism can be good at



What is Autism?



Important Facts



Famous People



Mental Health



Things that might help



Sensory Difficulties



People that might help



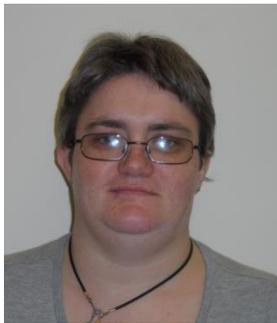
More information



# About this booklet

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This booklet is for people who have been told they have Autism



Lots of people have helped make this book

It has been made by people with Autism



And by people who do not have Autism



We hope it helps you

- learn about Autism
- know how interesting people with Autism can be

# Things people with Autism can be good at

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There are lots of things people with Autism might be good at



Being creative



Finding interesting information

Knowing lots of interesting facts

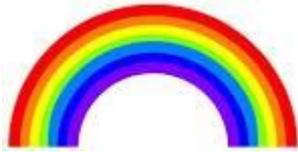


Following rules

Knowing what is right and wrong

# What is Autism?

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Autism is a 'Spectrum Condition' which means it affects people in different ways

Some people have a Learning Disability as well as Autism



No two people with Autism are the same.

Some people with Autism like lots of friends and are loud



Other people are quiet and like time on their own

Having Autism may mean that you find it difficult to....



Talk to other people or tell them how you feel



Make new friends and get along with other people



Know what other people are thinking and feeling



## Talking with other people

Some people with Autism talk for a long time about their favourite things

Other people may not talk at all

It can be difficult for some people to understand people's facial expressions

It can be difficult to understand jokes



## Getting along with other people

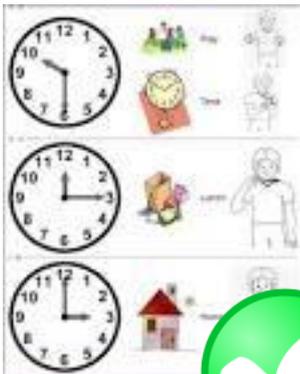
People with Autism can find it difficult to make and keep friends

Some people find it difficult to take turns in conversation or when playing a game



## People's thoughts and feelings

- It can be difficult to know if other people are happy or sad
- It can be difficult to understand people are going to do next



## Other special things about people with Autism

- They may like routine
- They may not like change
- They may have their own unique way of moving, like flapping their hands
- They may do their favourite things for a long time

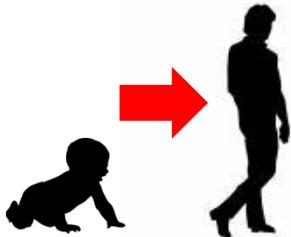


# Important facts

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The cause of Autism is unknown



People who have Autism will have it all of their life

**1 in 100**

1 in every 100 people have Autism

That means there are lots of people who have Autism



More men than women have Autism

**Aspergers**

Aspergers Syndrome is a type of Autism.

# Famous People

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Lots of people have Autism including famous people



Susan Boyle

Britain's Got Talent finalist 2009



Abz Love

Member of boy band '5ive'

Took part in Celebrity Big Brother 2013



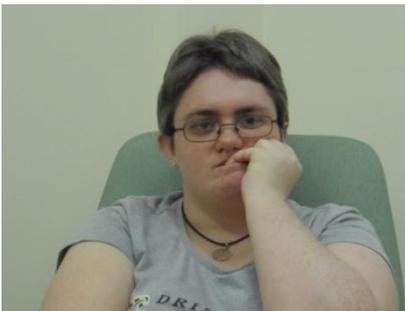
Daryl Hannah

Actress in the film Splash and Kill Bill

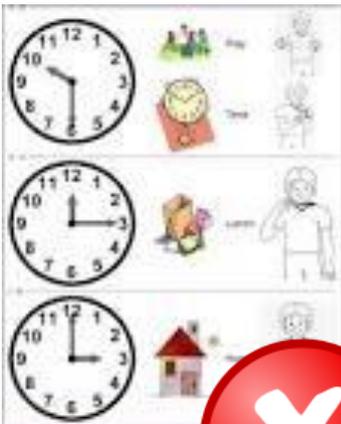
# Mental Health

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**People with Autism can have Anxiety or Depression**



**Anxiety** makes people worry about things



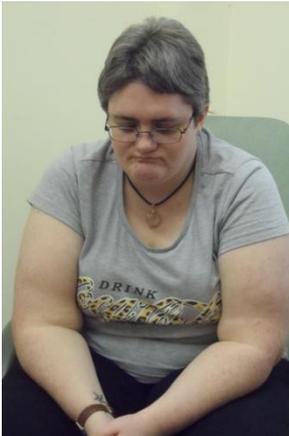
Some things that make people with Autism worry

- Crowds
- New places
- Change
- Other people not knowing their routines



Worrying can make you

- feel unwell
- not sleep at night
- be angry to other people



**Depression** means you feel sad or down for a long time



Depression can make you

- Cry a lot
- Feel tired
- Not eat or feel more hungry
- Find it hard to think



Some things that can make people with Autism depressed

- Being bullied
- Worrying a lot
- Lots of changes
- Someone important dying
- Being unhappy with where they live



# Things that might help



Telling people that are important to you that you have Autism

This will help them understand you more



Social Skills training. This is a group where you can learn skills to help you in social situations

Or you could join a social group to help make friends



You could find more information in books and on the computer



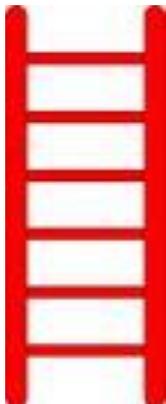
Keeping a diary of when you worry

To help you know what makes you worry



Keeping a scrapbook of photographs of good things you have done

To remind you of happy times



Use a 'Success Ladder'

Make a big goal into smaller steps and write them on the ladder

# Sensory difficulties

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People with Autism can be sensitive to certain sounds, light, smells or touch



Some people do not like loud noises



Some people do not like some lights



Some people with Autism do not like to be touched

# People that might be able help

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Social Workers can help you get the support you need



Advocates can help tell professionals about the support you need



Doctors or Psychiatrists can help if you have mental health problems



Occupational Therapists can help assess your skills



Specialist Nurses can help with anxiety or behaviour difficulties

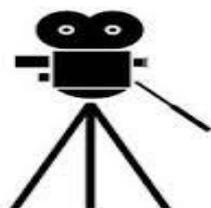
# More information



## Websites

[www.autism.org.uk](http://www.autism.org.uk) - The National Autistic Society

[www.easyhealth.org.uk/listing/autism-\(leaflets\)](http://www.easyhealth.org.uk/listing/autism-(leaflets)) - More easyread leaflets



## Short films

[www.youtube.com/watch?v=FeGaffIJvHM](http://www.youtube.com/watch?v=FeGaffIJvHM)

'My Autism and Me' -BBC

[www.youtube.com/watch?v=j7gHZlejDQg](http://www.youtube.com/watch?v=j7gHZlejDQg)

'Wiltshire Voices - Living with Learning Difficulties and Autism



## Autism identity cards

Autism support passport to show doctors and nurses - The National Autistic Society

Autism card - The National Autistic Society