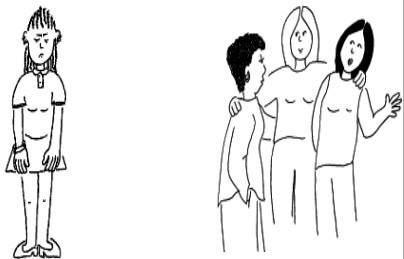


Mental Health and Learning Disabilities



Autism Spectrum Disorder

AUTISM



What is Autism?

Autism is a lifelong developmental disorder.

Most people with Autism also have a Learning disability.

A person with autism can have difficulty in the following:

1. Social interaction
2. Communication
3. Having fixed and repetitive behaviours

Asperger's Syndrome is a type of Autism in which people have normal or even high intelligence. They Do not have language difficulties.



Difficulties in social interactions include:

Prefer to spend time alone

Find it difficult to understand other's feelings

Behaving in a strange manner in social situations

Being unable to make or keep friendships

Difficulty in understanding other people's feelings and thoughts

Poor eye contact

AUTISM



Difficulties in Communication:

Little use of language

Speaking in the same tone

Being unable to understand the meanings of gestures and facial expressions

Difficulty in understanding jokes

Mixing up of the words 'you' and 'I'

Repeating what other people have said



Repetitive and restricted activities or interests:

Repeating certain actions or movements such as flapping hands, twirling on toes.

Being obsessed with a particular topic or object

Having fixed routines

Getting upset when the routines are changed

Other features include:

Being very sensitive to certain sounds, smells or textures

Lack of imaginative play

Being unable to understand other's thoughts, feelings and actions



What causes Autism?

The exact cause is not known as yet.

It can be associated with several factors.

There is a higher possibility of a person having Autism if their family member also has this condition.



What is the Treatment?

Although there is no known cure, help is available.

Knowing about Autism helps.

Educating family and carers about Autism is extremely important.



Various people can help:

Occupational Therapists can help by teaching skills and suggesting day activities

Social workers can help to find an appropriate place to live






Speech and language therapists can help in improving communication.

Specialist nurses can help in managing difficult behaviours.



Psychiatrist can help if there are any mental health problems.

Help and support

	Your doctor: Telephone Number:
	Your Psychiatrist:..... Telephone Number:
	Your Community Nurse: Telephone Number:
	Other professionals involved:
	Other resources: www.patient.co.uk National Autistic Society: www.nas.org.uk