

The Anatomy of Autism

NEUROLOGICAL AND PERCEPTUAL DIFFERENCES

Autism is present at birth.
Unique cognitive functioning.
Unusual thought processes and new ways of thinking about something
Changes in how the environment is perceived. This affects how they communicate with their environment and the people in it

SOCIAL AND EMOTIONAL

For typical people, social communication is instinctive.
People with ASD want to socialise and make friends, but socialising can be challenging.
This is because it is a cognitive process, not an instinctive one. For example, it would be like reciting your 13 timetables and having a conversation with 5 people all at the same time. The mental gymnastics required makes you tired.
Those on the spectrum feel their own emotions very deeply and are also very empathetic so it can be overwhelming. This empathy means that they make very good friends and are also trustworthy, loyal, honest and kind.

ANXIETY

Most people on the spectrum have some form of anxiety and worry. From general social anxiety to an anxiety disorder, anxiety is a constant companion

COMMUNICATION

The abilities in communication for people on the spectrum are as diverse as their individuality.
Autistic people have the same desire to communicate as anyone else but you need to change how you listen in order to hear them.

SENSORY DIFFERENCES

The information sent from your senses to your brain can be hypo or hyper or confused due to synaesthesia. This causes a lot of challenges for people with ASD.
When their sensory experience becomes overwhelming it can often cause a meltdown which can be explosive, or implosive.

CO-MORBIDITIES

Autism diagnoses often come with additional diagnoses like Clinical Depression, Epilepsy, ADHD, ADD, SPD, Dyslexia, Dyspraxia, ODD, OCD, Downs Syndrome, OCD and Verbal communication delay.



STIMMING/SELF-STIMULATORY BEHAVIOR,

Definition - The repetition of physical movements, sounds, or repetitive movement of objects. But what does that mean?

It is a physical expression of communication, such as excitement, anxiety, exhaustion and sadness. It can calm and or awaken the sensory system and it can be a conversation with the environment

