

# Module 7: Autism



<https://pixabay.com/photos/team-friendship-group-hands-4529717/>

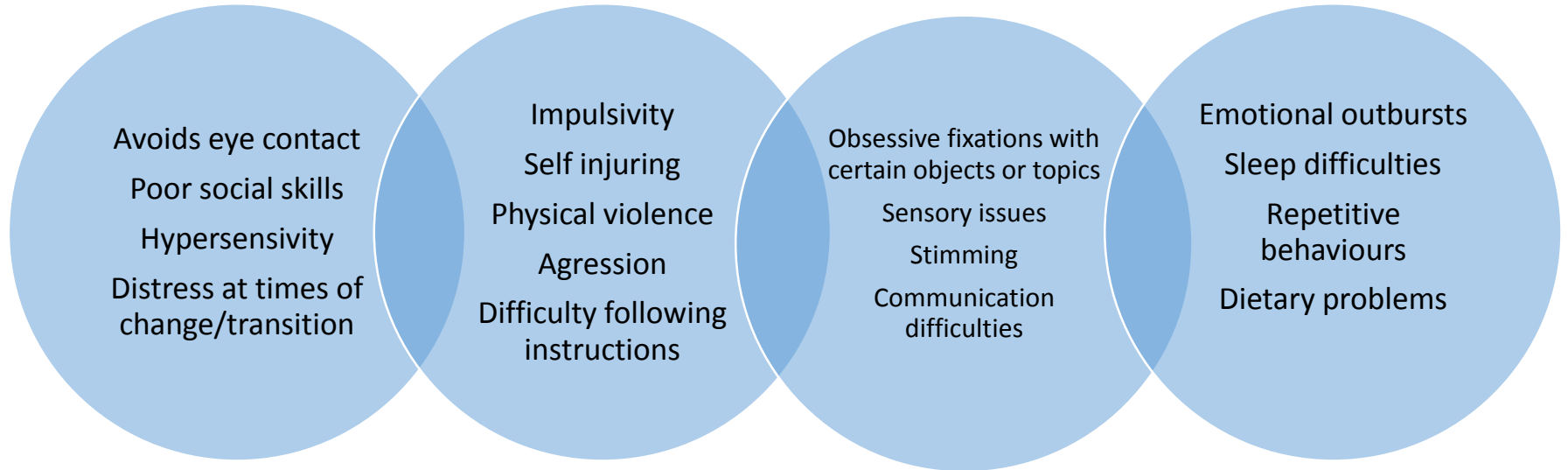
# Learning about Autism

Autism, or Autistic Spectrum Disorder (ASD) is a disorder which causes people to have difficulties with social skills, repetitive behaviours, speech and nonverbal communication.

Some people with mild Autism may attend mainstream school with supports. Other individuals may be non-verbal and could need a lot of extra support with care needs and may attend schools for children with additional needs.

People living with Autism who are verbal, may interpret information quite literally. This means that sarcasm, non-verbal cues and facial expressions may not be easy for them to understand. The individual may speak in a monotone voice, speak very fast or very slow and may struggle to recognise when people they are communicating with are expressing emotions

# What are the effects of autism on the individual?



# Autism Symptoms and Behaviours to Expect

## Sensory issues

Sensory issues are concerned with sights, sounds, touch, smell and taste.

The person living with Autism may become overwhelmed and distressed by senses.

Sight    Sound    Taste    Smell    Touch



# Stimming

- When the person you provide care to is overstimulated or finds themselves feeling uncomfortable or overwhelmed, they may use stimming behaviours.
- Stimming (or self-stimulating behaviours) include but are not limited to:

Rocking

Hand  
flapping

Clicking  
fingers

Pacing back  
and forth

Repeating  
words or  
phrases

# Aggressive/Violent Outbursts

People living with Autism may display aggression or violent outbursts as they may not have the ability to communicate their needs.

This can be extremely challenging for the caregiver.

Caregivers may need to protect themselves and other family members from physical violence. Such behaviours also affect the emotional and mental well-being of the caregiver and other family members.



Image credit: [https://www.pngsee.com/download/hxoJTJh\\_angry-emotion-feeling-frustrated-frustrating-pulling-angry-woman/](https://www.pngsee.com/download/hxoJTJh_angry-emotion-feeling-frustrated-frustrating-pulling-angry-woman/)

# Do you want to learn more?

Our interactive Resource Pack will give you information about

- concerns that you as caregiver might have
- what can be done
- useful tips how to handle the burden of care
- how to avoid stress and burnout
- how to deal with your emotions
- acceptance of the disorder
- and more!

You will also find exercises and activities for YOU and for the care receiver!



**The Resource Pack will be available in May 2020!**