

WHAT IS...ASD?

ASD stands for Autism Spectrum Disorder. Autism is a disorder that makes it hard to communicate and interact with other people. Spectrum means that someone may only have a few of the symptoms while others may have a lot.



SYMPTOMS

- Difficulty communicating
- Trouble interacting with others
- Doing certain behaviors over and over
- Not interested in what others are doing
- Preferring to be alone
- Getting upset by a small change in the schedule
- Repeating words over and over
- Very little eye contact with others
- Not responding to others when spoken to
- Difficulty understanding other's emotions
- Difficulty understanding other's body language

PEOPLE WITH AUTISM MIGHT BE REALLY SENSITIVE TO SIGHT, SOUND, TASTE, SMELL, AND TOUCH. CERTAIN SITUATIONS CAN BE VERY OVERWHELMING FOR THEM.

TREATING ASD

THERAPY

Working with a therapist can help someone with ASD learn socially appropriate behavior, such as giving eye contact when someone is speaking. Other types of therapy can also be helpful depending on the symptoms the person has. For example, speech therapy can help improve communication skills. There are no medications that can cure ASD, but there are some that can help decrease a few of the symptoms.

IF YOU KNOW SOMEONE WITH AUTISM SPECTRUM DISORDER, IT'S IMPORTANT TO BE PATIENT AND KIND. REMEMBER THAT INTERACTING WITH PEOPLE IS A CHALLENGE FOR THEM. SOME OF THE THINGS THEY DO MIGHT BE UPSETTING TO YOU, BUT IT IS IMPORTANT TO REMEMBER THAT IT IS NOT ON PURPOSE.

