

10 things you should know about autistic people



1

Autistic people experience the world differently to non-autistic people. Autism is a spectrum condition, which means we have different experiences to each other too.



2

Autistic people often communicate differently to non-autistic people, and may communicate better with each other. Often, we like to be honest, precise and well informed.



3

Some autistic people are very sensitive to sound, light, smell, taste and touch, but others are less sensitive to certain things. It's best to ask us.



4

Autistic people are often very good at taking in details and we might need more time to process information as thoroughly as we like to.



5

Autistic people can be very good at focusing, and may dedicate themselves to a particular interest that they pursue with great passion.

6

Living in a world that isn't designed for us can make autistic people feel anxious and overwhelmed. Sometimes we communicate this through a meltdown or shutdown.



7

Autistic people may 'mask' in order to fit in with non-autistic people. This can be exhausting, so you can help by letting us be our authentic selves.

8

Because the world isn't designed for autistic people, we have access and support needs. These are different for every autistic person, and can change over time.

9

Autistic people can also have learning or physical differences and disabilities. Some need 24-hour care, while others need limited adjustments and support.



10

People of all ages, backgrounds and genders can be autistic. Many people face barriers to getting an official diagnosis, but our community is growing all the time.

