

Condition:

Autism

What Is Autism?

Autism is a disorder that affects the brain and is something a person is born with – not something you catch. It can make a person find it difficult to interact or communicate with other people. There are many types of Autism, some mild cases and some more severe. Medical professionals call it Autism **Spectrum Disorder** because it can affect people in different ways. Most mild cases show that they have normal intellectual capabilities, but people with more severe cases can show significant intellectual disabilities. This means that some cases can be spotted as early as 18 months!



Even though you may not realise your child has autism, it could be a mild case and be misunderstood as bad behaviour.

How can we help people with Autism?

There are many things people can do to help children with autism get the most out of their life. Although Autism is not something that can simply “Go away”, it can be helped by **Being Consistent**. People with autism can find it hard to adapt to different settings and can cause them anxiety. Also, if you **stick to a schedule**, they will do their best because of the highly structured routine.

With the right help, Autistic children can start to become happier to interact with people.



Detecting Autism

Autism can be a tricky thing to detect, as there are so many different types. Here is a list of the most obvious signs.

- * **Monitor the person’s development.** Autism can include many developmental delays, so keep an eye out.
- * **Take action if you’re concerned.** Everyone has a different development rate, so don’t be worried if they are a tiny bit late. Though if you feel something not right, tell someone. You never know what might be wrong.
- * **Don’t accept a wait and see approach.** Many people are told to wait and see what happens, but don’t. This is the worst thing you can do as your wasting precious time.



A child with Autism can feel left out, or isolated.