**Spotlight on**

**Autism Spectrum Disorder**

**A downloadable resource from the**

**DIFFERENTLY WIRED HUB**

**What is it?**

**Autism Spectrum Disorder (ASD) is a lifelong neurodevelopmental condition which affects how a person communicates with others and experiences the world around them.**

**It’s estimated that over 700,000 people in the UK are autistic (over 1% of the population).**

 **What are the symptoms?**

**Every autistic individual presents their own unique strengths and challenges associated with the condition.**

**A formal diagnosis requires the presentation of two key characteristics: difficulties with social communication and interaction, and restricted and repetitive patterns of behaviour.**

**Strengths**

**Many autistic people become highly focused on a specific area of interest.**

**These are called ‘special interests’. They can also:**

**Be precise in tasks**

**Exhibit a high level of attention to detail**

**Have excellent memory skills**

**Offer unique approaches to problem-Solving**

**Challenges**

**Many autistic people find social communication and interaction challenging. This can include difficulties with:**

**Interpreting non-verbal language, such as tone**

**Understanding sarcasm**

**Processing and responding to questions and information quickly**

**Recognising the feelings/intentions of others**

**Signposts**

**ASD Resources**

**National Autistic Society**

**National Autistic Society is the UK's leading charity for people on the autism spectrum and their families. Since 1962, they have been providing support, guidance and advice, as well as campaigning for improved rights, services and opportunities to help create a society that works for autistic people.**

**autism.org.uk**

**Global Autism Project**

**The Global Autism Project discovers and mentors high-potential entrepreneurs and leaders driving social impact for the global Autistic community. In many parts of the world, an autism diagnosis can be dangerous. They're on a mission to provide the resources, culturally-relevant training, and compassionate collaboration communities need to support, empower, and champion local Autistic individuals.**

**globalautismproject.org**

**Autism Speaks**

**Autism Speaks is a global charity dedicated to enhancing lives today and accelerating a spectrum of solutions for tomorrow. Their website details a handy guide to autism charities by country that could provide additional support.**

**autismspeaks.org/international-autism-organizations**

**Want to learn more?**

**Join our free Differently Wired Hub**

**where you can find expert information, advice and resources for engineers living with neurodiversity, and the people who support them.**

**www.myfoothold.org/ join-differently-wired-hub/**