Speech Ease

What is Autism?

Autism is a neurodevelopmental difference. It is not a disease or illness.

Autism is also known as Autism Spectrum Disorder (ASD). Although the preference from the autistic community is to be referred to as autistic.

The word 'Spectrum' is used because it refers to the wide range of characteristics, skills and abilities that autistic people have. Although some characteristics of Autism can cause a range of challenges, it is important to recognise that they can also result in unique skills and capabilities.

Autistic people have differences to neurotypical people in the way they communicate both verbally and non-verbally, understand social cues, and process information. Some common experiences for autistic people include having intense interests, differences in how they experience sensory input, finding comfort in repetitive behaviors and needing predictable routines.

Identity first language

Most adult autistics prefer to use identity first language. This means that they prefer to be referred to as autistic, rather than as a person with autism. From the Neurodiversity affirming lens, the autistic and broader community have also recognised that autism is not a disorder but rather a difference. Therefore, they would be referred to as Autistic vs having autism or having ASD.

SpeechEase
SPEECH PATHOLOGY

Locations: Williams Landing & North Melbourne | **Instagram:** @speecheasesp_melbourne | **Facebook:** @speecheasesp | TikTok: @speechease