

Autistic Spectrum Condition/ ASC Fact Sheet

ASC is ...

- ✓ **A life-long developmental disability** that affects how people perceive the world and interact with others. The 4 key areas of difference are social understanding; sensory processing; information processing; communication. They may focus on specific interests with notable intensity.
- ✓ **A spectrum condition. All autistic people share certain difficulties, but being autistic will affect them in different ways.** Some autistic people also have learning disabilities, mental health issues or other conditions, meaning people need different levels of support. All people on the autism spectrum learn and develop. With the right sort of support, all can be helped to live a more fulfilling life.

ASC is not ...

- ✗ **An illness or disease and cannot be 'cured'.** Often people feel being autistic is a fundamental aspect of their identity.
- ✗ **Being socially awkward.** People with ASC are often excellent at socialising with each other, where they can avoid eye contact, stim, avoid small talk, share information and rely on their own natural communication preferences.
- ✗ **Lacking empathy.** People with ASC can be as caring and loving as any other group of people.



Social Understanding: Differences in understanding social behaviour and the feelings of others, which inform friendships and relationships.



Differences in perceiving sensory information. Hypo (low) sensitivity, hyper (high) sensitivity, touch, sight, hearing, smell, taste, balance and body awareness.

4 Key Areas of Difference Taken from the Autism Education Trust



Information processing: Differences in perception, planning, understanding concepts, generalizing, predicting, managing transitions, and absorption of auditory or spoken information.



Communication: Differences in understanding and expressing communication and language, with skills ranging from individuals who are highly articulate, to others who may be non-verbal. Good language skills may mask a deep level of misunderstanding.

Ways to help pupils with ASC

The **Communication and Autism Team** can provide advice and support for children and young people between the age of 2 and 25 years old.

Classroom accommodations : positive behaviour intervention plans and informal supports like chewing or using a fidget spinner can be helpful.

Self-advocacy training helps pupils understand, ask for and explain to others what they need to succeed.

Use the SPELL Approach, and the TEACCH Approach created by the National Autistic Society:

SPELL—*Structure, Positive, Empathy, Low Arousal, Links*. For more information on this go to <https://www.autism.org.uk/about/strategies/spell.aspx>

TEACCH —*Teaching, Expanding, Appreciating, Collaborating and Coordinating, Holistic*. For more information on this go to <https://www.autism.org.uk/about/strategies/teacch.aspx>

Other Information ...

NATIONAL AUTISTIC SOCIETY: <https://www.autism.org.uk/>

HELPLINES: <https://www.autism.org.uk/services/helplines/main.aspx>

AUTISM WEST MIDLANDS: https://www.autismwestmidlands.org.uk/?gclid=Cj0KCQjwn7j2BRDrARIsAHJkxmyEWEs19Gozt6cdmxlQbZVOKU_T5L-7Wlcu3vunoE5dgHi2RDpHZf-gaAn31EALw_wcB

AUTISM EDUCATION TRUST: <https://www.autismeducationtrust.org.uk/organiser/birmingham-city-council-communication-autism-team-cat/>