



Autism is a complex, lifelong developmental disability that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation. Autism is defined by a certain set of behaviours and is a "spectrum condition" that affects people differently and to varying degrees.

While there is currently no known single cause of autism, early diagnosis helps a person receive the support and services that they need, which can lead to a quality life filled with opportunity.

Autism spectrum disorder (ASD), usually called autism, is something you're born with. Autism means that the way you think about and experience the world is different to most people. This means you can behave differently to most people and have different strengths and difficulties. For example, some autism characteristics (things you think, feel and do) can make it hard to express yourself in social situations, but you may also be particularly knowledgeable and passionate about topics that interest you.

Autism is highly variable – the word 'spectrum' refers to how autism is experienced differently by different people. Autism is considered a spectrum because it's different for every autistic person – some autistic people might need more support than others to live the lives they want to lead. The way autism affects you can change as you grow and develop, and experience different environments. <https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/autism-spectrum-disorder-asd>

Helpful Websites:

<https://www.autism.org.uk/advice-and-guidance/what-is-autism>

<https://www.nhsinform.scot/illnesses-and-conditions/brain-nerves-and-spinal-cord/autism-spectrum-disorder-asd#:~:text=myths%20about%20autism-.About%20autism,have%20different%20strengths%20and%20difficulties.>