

Autism: Key Facts

You cannot catch autism from somebody.

There is no cure for autism. People who are born with autism will always have autism. Most people learn ways to cope as they grow up.

People with autism are able to learn but may need some special help, for example, with understanding language or making friends.

Most people with autism can get jobs, have relationships and live independently.

People with autism often find it hard to empathise with others or understand others' feelings.

It is important to warn some people with autism if things are going to change in their surroundings or schedule, as they may find this hard.

People with autism can find it hard to understand sarcasm, exaggeration or metaphorical language, for example, 'it's raining cats and dogs!'

People with autism can sometimes be very sensitive to noise, light or touch sensations, for example, the feel of certain fabrics against their skin.

People with autism need others to be patient with them.

People with autism are not all alike. Just like everybody, they have different personalities and needs.

People with autism need friends, just like anyone else.



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