



Common Features of Able Autism/Asperger Syndrome.

Whilst these are common features it does not mean that all of them are present.

There may be several that apply but it depends on the individual.

- *Difficulty in making & maintaining eye contact. May look over a person's shoulder when speaking. This may give the impression of not listening.*
- *Monosyllabic speech, repetitive use of phrases, parroting, conversation dominated by their own topics of interest. Verbalising internal thoughts.*
- *Literal interpretation of language and think people always say exactly what they mean.
"Pull your socks up" or "It's raining cars and dogs".*
- *Can appear aloof or rude when they say things bluntly and to the point, but usually truthful.*
- *Often lack sensitivity to other people's feelings as they have difficulty understanding other people's emotions.*
- *Love of routines and great dislike of change or disruption to their set routines. Preparation and explanations of why change needs to occur is helpful.*
- *Dislike of crowded, noisy places. This can be indoors or outdoors.*
- *Difficulty in coping with social situations, particularly new or unfamiliar ones. This can cause extreme anxiety, panic attacks, stress, meltdown or shutdown.*
- *Socialising does not come naturally, it has to be learned. Often they prefer to communicate by text or email. This gives time to prepare a response.*
- *Fear of rejection/failure. Reluctance to try new things.*
- *Perfectionism & attention to detail which can block them from being able to see the 'bigger picture'.*

- *Sometimes lack of awareness of danger and inability to foresee consequences of their actions.*
- *Difficulties with time management and spacial awareness. There is a need to set clear parameters.*
- *Difficulties with understanding rules, particularly with those of social engagement.*
- *Body language can appear like a foreign language to someone with Autism.*
- *They have difficulty in understanding jokes, particularly sarcasm. They do like slapstick type humour, cause and effect. Need for clarity.*
- *Can have a high pain threshold, or extremely low threshold.*
- *May have obsessions.*
- *May need time to process a question.*
- *May prefer to be alone. Maybe not all the time, but sometimes need quiet, uninterrupted time.*
- *May go into a state of 'overload' and need time out.*
- *May wear the same clothes summer and winter regardless of weather conditions. May also need to be reminded to change clothes.*
- *May elect to eat only certain food or food of certain colours.*
- *May be apprehensive of dogs because of their unpredictable behaviour.*
- *May have a reluctance to use or answer the telephone. Prefer texting or using email, WhatsApp, Facebook, Tik Tok or Twitter.*
- *May relate and bond well with a pet as their affection is unconditional and does not require verbal response.*