



Things That Can Help Someone With Able Autism/Asperger Syndrome

Someone with Able Autism/Asperger Syndrome is person who just wants to have everything in life that we take for granted.

With support they can achieve great things!

Most people who have autism feel that they don't belong and don't fit in. They tend to think differently and see things differently and are frequently misunderstood which can make them withdraw and become even more socially isolated. Be tolerant and have patience, it is worth getting to know them better!! They have numerous qualities such as honesty, reliability and loyalty. Many have islands of brilliance in their areas of interest such as maths, computing, science, the arts, engineering and sport.

So, what can make their lives easier? And yours!

Reassurance.

You can never give enough reassurance as they have a high fear of failure and rejection. They are perfectionists so pay attention to the smallest detail. Praise is a boost to morale.

Support.

This is very important, as appropriate support given at the right time can avoid unnecessary anxiety and promote confidence.

Structure.

Changes happen but if you can give advance warning with details of why things need to change this will help the person to understand the need for their routine to be disrupted. Written information is also good particularly if the content is detailed. It enables the person to read and re-read to reassure themselves.

Consistency.

A consistent approach is really helpful. Anticipating potential difficulties can help avoid problems.

Limit changes. Try not to introduce too many different things at once.

Understanding.

Knowledge of the condition enables others to know why someone behaves, reacts and responds to situations in the way that they do.

Never Assume.

Just because they are proficient in one area, do not assume that they are able to transfer this knowledge to something similar. Always check it out and ask. Each new task has to be learned. Once learned it can be replicated.

Explain.

Just because they have a disability never underestimate the importance of explaining why, where, when, how and who, even if it seems obvious to you. Precise details are important.

Give Time For A Response.

For someone with Able Autism/Asperger Syndrome there can be a time delay. This time delay is required for thinking, processing, interpreting and formulating the answers and in which order. So there is a delay between asking a question and getting a response, a bit like a video link. Be patient. Try not to rephrase or ask another question. This creates panic and confusion.