

Autism

(affects 1% - 3% of the general population, to some degree, although some argue that we are all on the spectrum!)

Key characteristics:

- an unusual way of interpreting and processing sensory input
- difficulty interpreting other people's words and behaviour, including facial expressions and gestures
- a preference for facts and concrete ideas
- a strong preference (need) for routine and predictable situations
- difficulty forming and maintaining personal relationships

Organisations that offer information and support

- [The National Autism Society](#)