

# How might autism present?

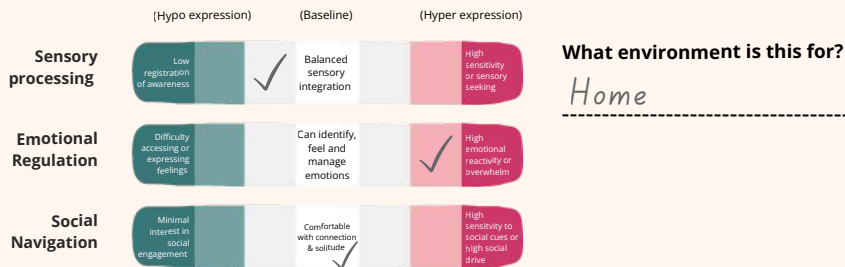
Autism is a lifelong neurodevelopmental condition, sometimes referred to as a neurodevelopmental difference that affects how people communicate, interact, and experience the world.

Every autistic person has a unique profile of strengths and needs - there is no single 'type of autism' or 'way of being autistic'.

## EXAMPLE:

This handout helps you reflect on where you sit across a range of typical behaviours and traits. Everyone has a unique mix, and this tool can support self-understanding.

You may find it helpful to bring it to your GP appointment to guide the conversation.



- **Hypo = experience to a lesser degree / less sensitivity**
- **Hyper = experience to a greater degree / greater sensitivity**

If you are wondering what other words mean, have a look at our glossary via the QR code.



# What does it look like for me?

Think about the environment or situation you are filling this handout out for (e.g. work, family, home etc.) and write it down in the space provided. Then, for each item, tick the box that best represents where you 'sit' on the scale.

**DISCLAIMER:** This is a general reflection tool for everyone. It is not diagnostic or specific to any condition like autism or ADHD.

## What environment is this for? \_\_\_\_\_

