

# Adults with Autism



**This is Joe. Joe is a Director of a National Organisation. He has autism. Outside work he campaigns to raise awareness about autism.**

## What is Autism?

A lot of people have autism.



**People with autism are not all the same.**

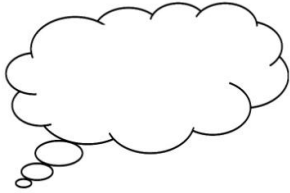
- Everyone is different in themselves.
- Having autism does not mean you are the same as other people with autism.

**People with autism find it difficult to**



- Make friends.
- Understand what other people think.
- Tell people about how they feel.

## Finding out you have autism



You may think you have autism. Maybe someone else thinks you have autism.



It can be good to find out.



- It may help you understand yourself better.



- It may help you get services and support.



The first step to finding out is to talk to your family doctor.

autism ✓



- Your family doctor will ask a specialist to meet you.
- The specialist will say if you have autism.

## What can make life difficult



- You may find it hard to talk to other people.
- You may find it hard to make friends.
- You may get very scared or upset.
- You may find it hard to get a job.

## What helps



Learning new skills, like how to make friends.



Asking people to treat you differently.  
Changing how you treat yourself.



Talk to someone who can help.  
It could be a friend or family member.



## Organisations and Websites

There are some organisations that may be able to help you.



Autism Cymru. Charity for people with autism in Wales.

[www.autism-cymru.org](http://www.autism-cymru.org)



Autism NI. Charity for people with autism in Northern Ireland.

[www.autismni.org](http://www.autismni.org)



Irish Society for Autism.

Charity for people with autism in Ireland.

[www.autism.ie](http://www.autism.ie)



National Autistic Society. Charity for people with autism in the UK.

[www.autism.org.uk](http://www.autism.org.uk)



Scottish Autism. Charity for people with autism in Scotland.

[www.scottishautism.org](http://www.scottishautism.org)



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IDENTIFICATION INTERVENTION INCLUSION

**This leaflet was written by Research Autism.  
We fund research into autism.**



**You can find more leaflets about autism on  
our website at  
[www.researchautism.net/easyread](http://www.researchautism.net/easyread)**

**You can ring us on 020 3490 3091**



**You can see a film about Joe and about other  
people with autism at  
[www.researchautism.net/living-with-autism-videos](http://www.researchautism.net/living-with-autism-videos)**