

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.

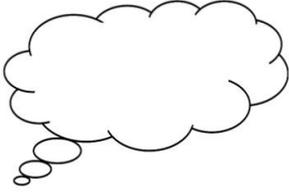
- Everyone is different in themselves.
- Having autism does not mean you are the same as other people with autism.

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



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

www.autismni.org



Irish Society for Autism.

Charity for people with autism in Ireland.

www.autism.ie



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

www.autism.org.uk



Scottish Autism. Charity for people with autism in Scotland.

www.scottishautism.org



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**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**

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**