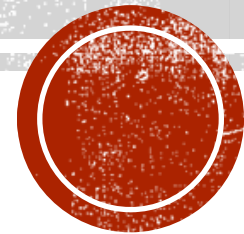


EXPLORING



By Isma



WHAT DOES AUTISM MEAN TO ME?

- Autism can be known as ASD (Autism spectrum disorder) and it can also be known as ASC (Autism Spectrum Condition) which is less used, as oppose to ASD. However, it is more known in the medical profession, as ASD. I believe, condition is a better term to use, as an alternative to, disorder because it sounds less terrifying. I appreciate that, disorder is a medical term, but with this I feel that there are labels, and stigma attached to disorder, which needs to be addressed.
- Autism is a spectrum condition, that influences neurological pathways and development. It involves how people view, and process things around them.
- There are different levels, which vary within the condition, ranging from levels 1 - 3. It is important to have support, whatever level you fall under. Level 1 is less severe, whereas level 3 is more severe.



THE POSITIVES THAT AUTISM HAS FOR ME:

- I think autism is unique for the individual person.
- I feel it is a connected way of processing information in terms of how my brain perceives the information both visually and auditory. For example learning in a visual environment helps to break down information in a more easier way. If I become too over stimulated it becomes overwhelming. Therefore having access to what is manageable is ideal. E.g. step by step activities.
- With or without the diagnosis, understanding autism helps you to deal with your struggles so that you are able to cope with help and support.
- In particular focusing on detail is a special aspect for me, in order to be who I am.

