

Autism

Autism is a different way of being rather than a 'deficient' or 'disordered' way of being.



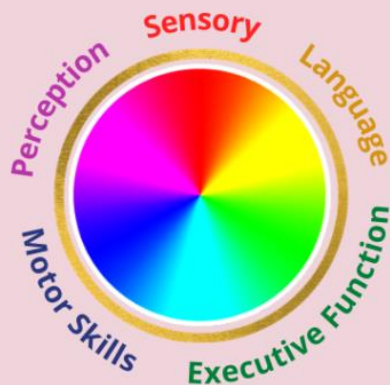
**Nottinghamshire
County Council**

AUTISM IS A NON-LINEAR SPECTRUM

It does **not** look like this:



Autism is much more **complex** and **dynamic**. Every autistic individual is **unique**, and so are our traits and support needs. We all have varying degrees of autistic traits. Some may have serious sensory issues, while others have none, and so on. There is **endless variation**, and they change and evolve throughout our lives, even from day to day.



It looks more like this



@__ninstagram__



Autistic people have differences in three areas of development. These are:



Social understanding
and communication



Flexibility, information
processing, and
understanding

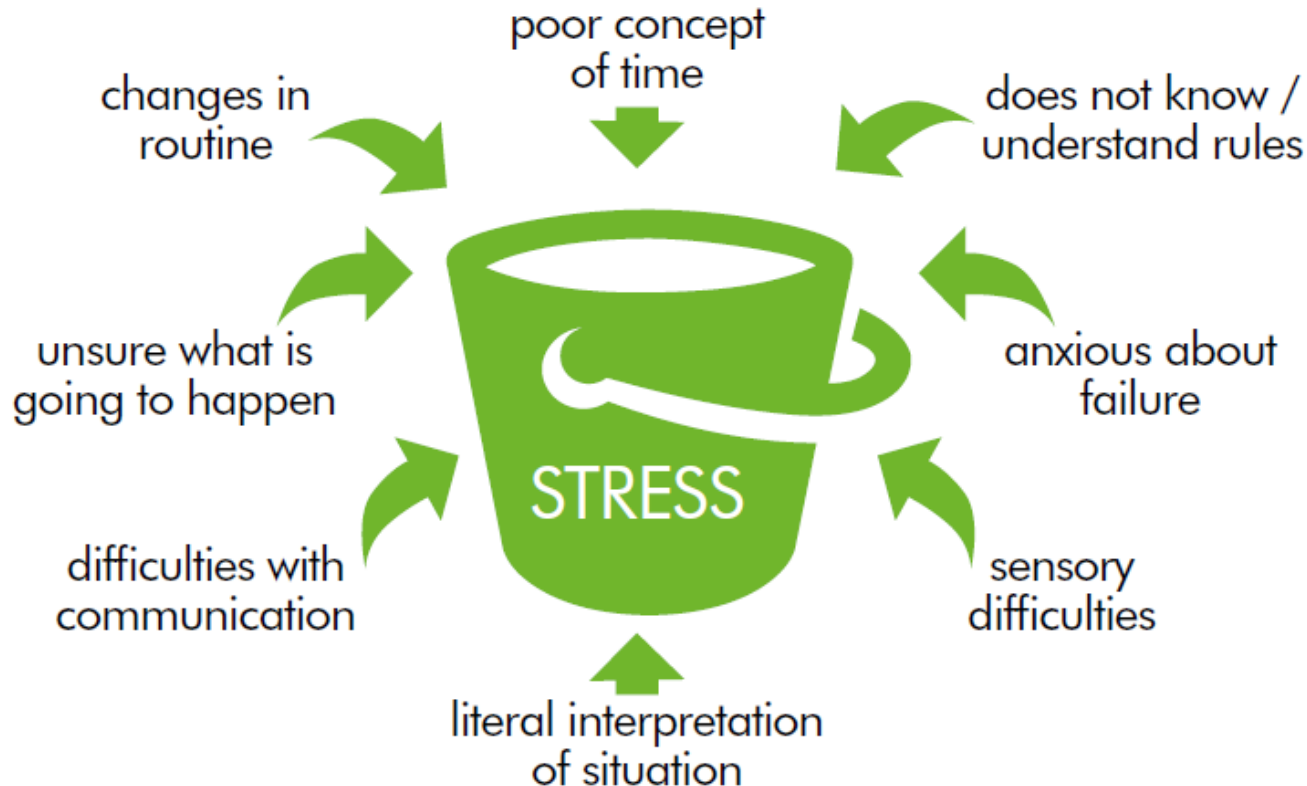


Sensory processing
and integration



Nottinghamshire
County Council

What increases levels of anxiety for autistic children?



What stops neuro-typical people from feeling anxious all of the time?

- Naming emotion/feeling and sharing responsibility to seek comfort
- Seeing the bigger picture and putting a situation in perspective
- Keeping safe by observing and adjusting body language/behaviour accordingly
- The environment is comfortable and there is sufficient time to process information
- Understanding verbal communication and inference
- Rationalising abstract thinking

The holidays!

- <https://psychologychartered.co.uk/blog/a-blissful-break-instead-of-holiday-havoc-tips-for-a-happy-holiday-from-school-for-autistic-children/>
- <https://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/localoffer.page?newdirectorychannel=9-6>



Top tips!

- **Keep a visual holiday calendar or timetable**
- **Use the internet to show them places you will be visiting**
- **Use alarms**
- **Use social stories**
- **Maintain one routine event every day**
- **Be aware of sensory needs**
- **Just do your best, and don't be too hard on yourself**



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



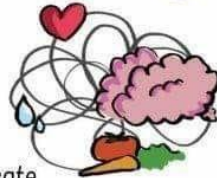
2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.

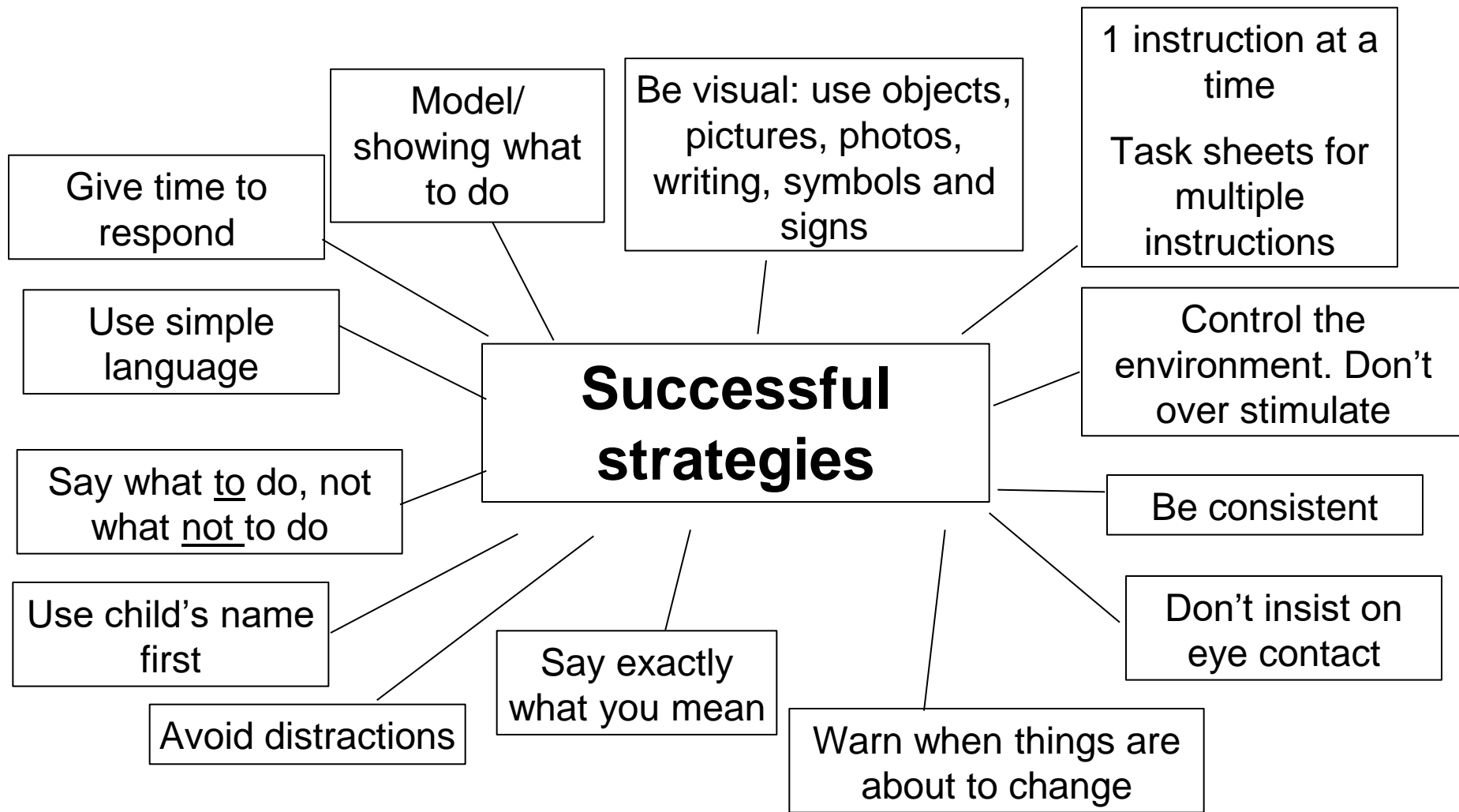


4. Chandeliering

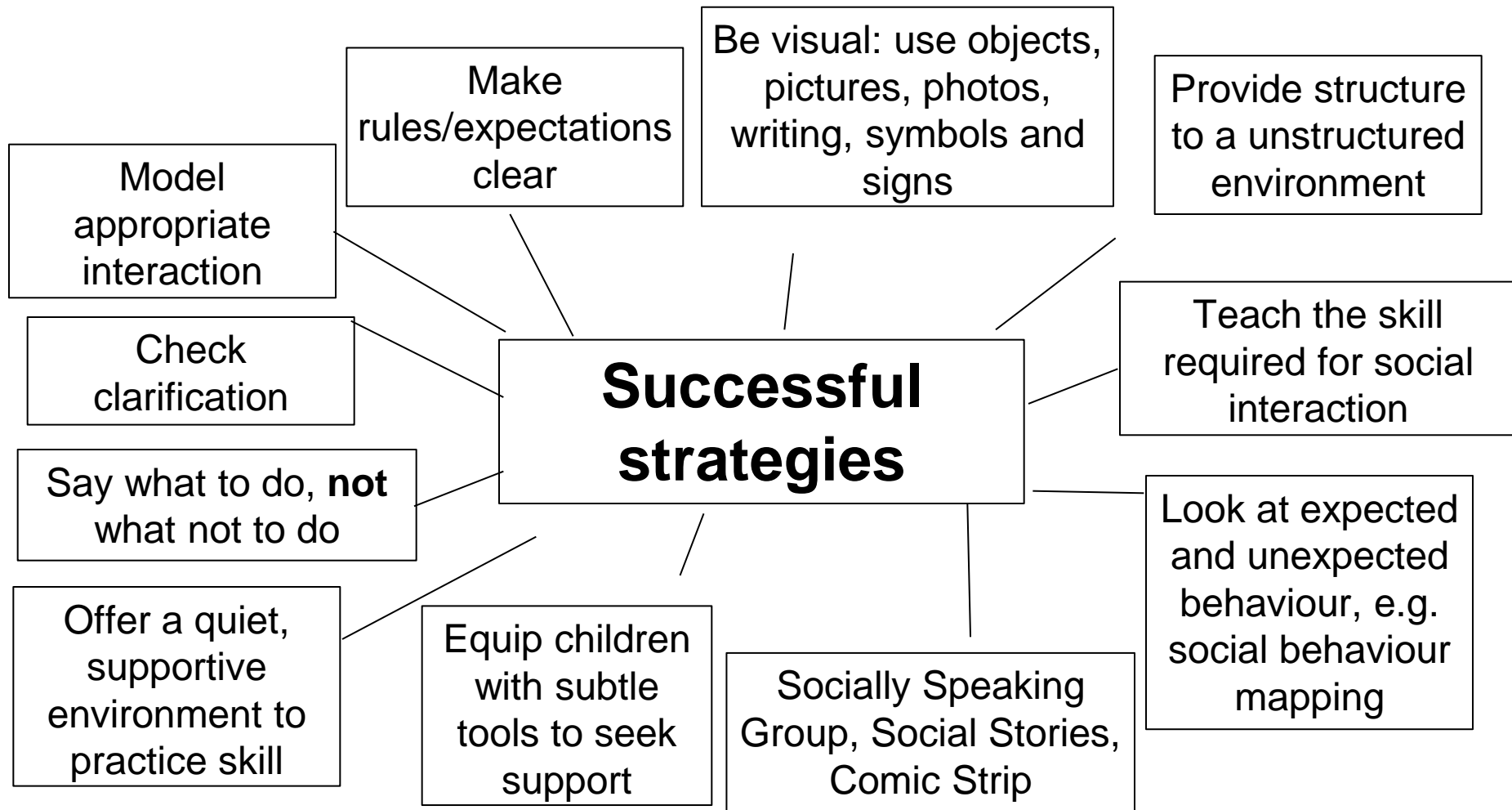
Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



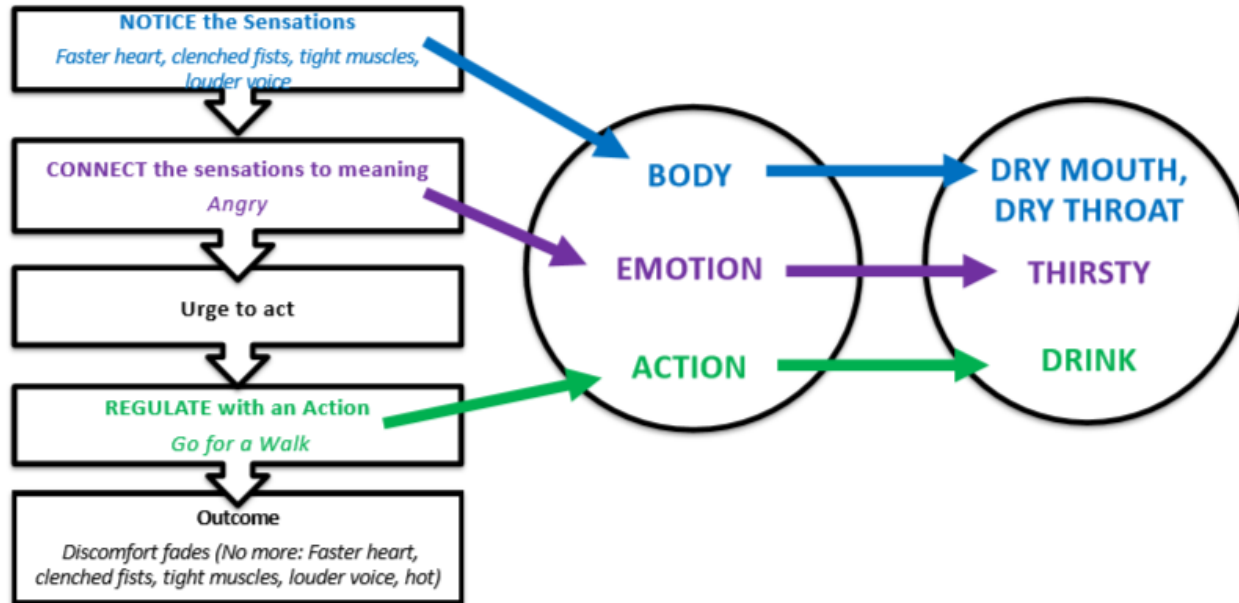
Supporting communication



Supporting social understanding



Interoception & Self Regulation



ahler & Bravener 2018



**Nottinghamshire
County Council**

Adult Role

