



Leeds Autism
Diagnostic Service



Leeds and York Partnership
NHS Foundation Trust

Autism

Easy Read Leaflet

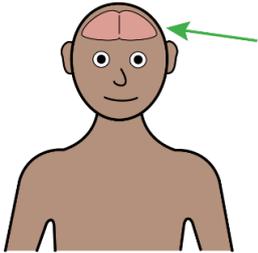
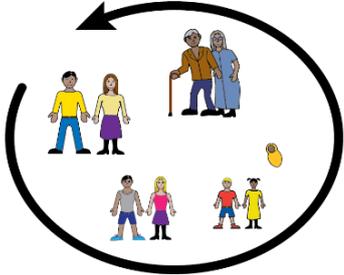


This leaflet is about **autism**.



You can look at it with your **family, carer, or staff** who work with you.

What is autism?

	<p>Some people with a learning disability also have autism.</p>
	<p>Autism means that your brain works differently.</p>
	<p>We do not know what causes autism.</p>
	<p>People with autism are born with autism.</p>
	<p>Autism lasts the whole of a person's life.</p>



Each person with autism has things they are **very good** at.

Things I am good at:

You can write or draw them here:



Each person with autism has things they find **hard**.

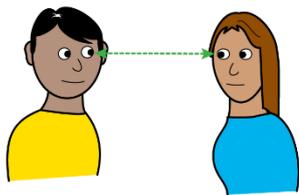
Things I find hard:

You can write or draw them here:

Autism can make it hard to get along with people:

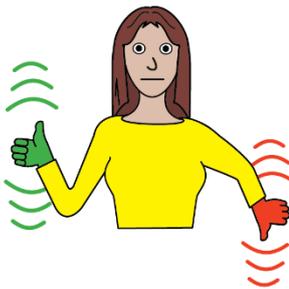


It can be **hard to chat** with people.



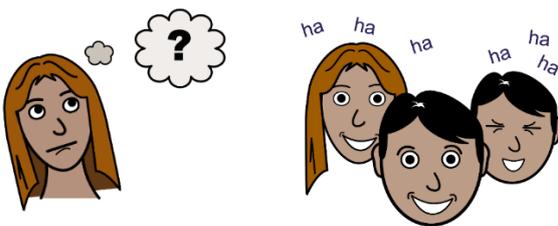
Eye contact can be **hard**.

You might look away.



It can be **hard to say how you feel**.

It can be **hard** to know how other people feel.



It can be **hard to know** if someone is telling a **joke**.



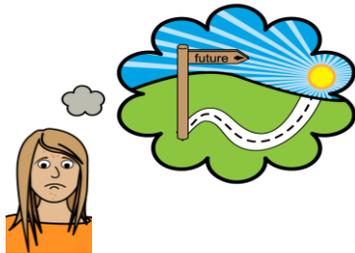
It can be **hard to make and keep friends**.

Autism can make it hard when things change:

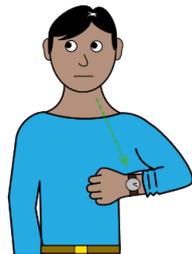


It can be **hard** to go to a new place.

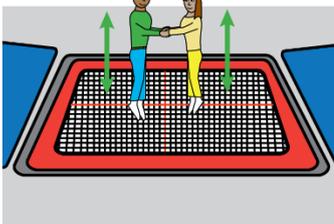
It can be **hard** to meet new people.



It can be **hard** to know **what** will happen **next**.



It can be **hard** to **wait**.

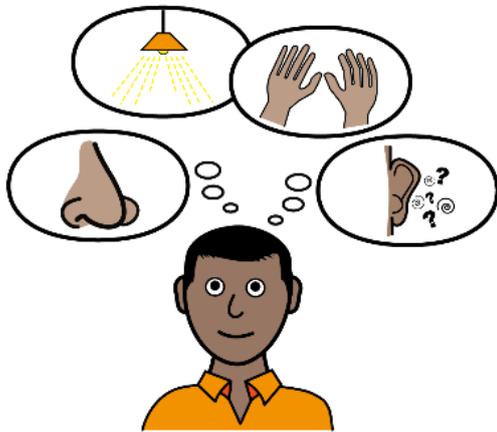


It can feel calm and relaxing to do something over and over again.

This might be:

- rocking,
- swaying,
- jumping,
- spinning,
- flapping, or
- twirling.

People with autism can have sensory differences. This means:



-You might **really like** or **really not like** how things:
-**sound**,
-**look**,
-**smell**,
-**taste**, or
-**feel**.



It can be **hard** to know when you are **hungry**, **thirsty**, or **full**.

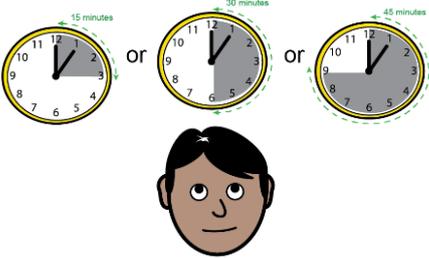


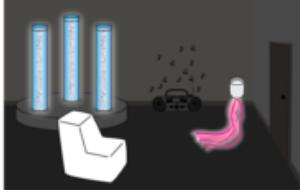
It can be **hard** to know when you need the **toilet**.



It can be **hard** to know or say when you are **hurt** or **ill**.

What can help?

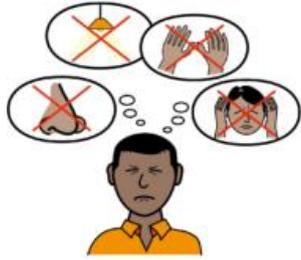
	<p>Nothing can make autism go away.</p>
	<p>It helps when you and people around you know about autism.</p>
	<p>It helps when people give you more time to think.</p>
	<p>It helps when people know you might worry if things change, or you don't know what's happening next.</p> <p>Routines and a calendar can help.</p>
	<p>It helps when people know you might behave differently if you are worried, upset, hurt, or feeling ill.</p>



It helps when people know the things you **like** and that help you feel **calm**.

Things I like:

You can write or draw them here:



It helps when people know the things you **do not like** or that **upset** you.

Things I do not like:

You can write or draw them here:

Who else can help?

	<p>Your GP can give you an annual health check every year.</p> <p>This helps you stay healthy.</p>
	<p>The Learning Disability and Autism team can make a hospital passport to tell hospital staff about you.</p> <p>www.leedsth.nhs.uk/a-z-of-services/autism/</p>
	<p>Learning Disability Services can help with your mental health.</p> <p>www.learningdisabilityservice-leeds.nhs.uk/</p>
	<p>Leeds Adult Social Services can help with money, where you live and what you do.</p> <p>www.leeds.gov.uk/adult-social-care/</p>
	<p>Carers Leeds helps carers.</p> <p>www.carersleeds.org.uk</p>

Who can help in Leeds?

 <p>Leeds Autism AIM</p>	<p>Leeds Autism AIM can help you understand autism.</p> <p>They can help you get the things you need from other services in Leeds – this is called advocacy.</p> <p>www.leedsautismaim.org.uk</p>
 <p>LEEDS AUTISM SERVICES</p>	<p>Leeds Autism Services can support you to do the things you like.</p> <p>www.leedsautism.org.uk</p>
 <p>PEOPLE IN ACTION</p>	<p>People in Action supports people with a learning disability and autism.</p> <p>www.peopleinaction.org.uk</p>
 <p>through the Maze</p>	<p>You can find out more about things in Leeds from Through the Maze.</p> <p>www.through-the-maze.org.uk/?s=autism</p>

Where can I find out more about autism?

	<p>You can find out more about learning disability and autism from Mencap.</p> <p>www.mencap.org.uk</p>
	<p>You can find out more about autism from The National Autistic Society.</p> <p>www.autism.org.uk</p>

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*Images courtesy of easy on the i, Learning Disability Service
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