



# Spreading the News



April 2025

In Spreading the News this month ...

Celebrating

World Autism Acceptance Month





# Spreading the News



## World Autism Acceptance Month



In this Spreading the News we are giving you some information to help you “Spread the News” ...



- Tell people about Autism



- Celebrate the good things Autistic People are doing



# Spreading the News



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National Autistic Society

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## 1. What is Autism?



The National Autistic Society says

Autism has ...

“An ever changing definition”

- The definition of Autism has changed over the decades and could change in future years as we understand more



A easy explanation of Autism we like:

- Some people’s brains simply work in a different way



But we need to tell you more ...



National Autistic Society

## 2. The Autism Spectrum

There is a saying

“When you have met an Autistic Person you have done just that ... the next Autistic Person you meet might be totally different”



This means that Autism cannot be explained as **ONE** difference ...



National Autistic Society

Autism is better explained as a Spectrum of differences



And Autistic People as ...  
“being on the Spectrum”



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Being on the Spectrum affects people in different ways

?



So, if everybody is different ...  
How do we know that the  
Person is Autistic?



There are some differences  
Autistic People often show



Turn the page for some differences  
Autistic people often show



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## 3. Differences Autistic People often show



- Differences, with Communication and Social Interaction with others



- Some Autistic People have a love of routines and repetitive behaviours



- Some Autistic People are over, or under, sensitive to things in the world around them ... such as sound, light, touch, taste



- Some Autistic People have highly focused interests and hobbies



If everyone is aware of these differences we can all help to make everyday life better for the Autistic Person



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This video from the National Autistic Society will help you to better understand Autism



It is told by Alan Gardener from the BBC series ...  
“The Autistic Gardener”



Watch it with someone you trust

click



<https://www.autism.org.uk/advice-and-guidance/what-is-autism>

or

click



<https://youtu.be/Lk4qs8jGN4U>





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## 4. Problems Autistic People face in the Community



Noise, bright lights, different smells, busy places can be annoying to everyone



But to the Autistic Person any of these things can be overwhelming ...

And can cause stress and anxiety



As Lewis explains ...

At school I found it difficult to concentrate on my lesson

I could hear the other lessons next door equally as loud



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The Autistic Person is on the Spectrum ...

Autism is lifelong and we cannot change that

But ...

- People
- Organisations
- Employers
- Education
- Health services
- Local councils
- The government

Can make changes ...

Reasonable Adjustments



To help Autistic People make their way in the World



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## 5. Celebrating the good things Autistic People are doing



Read together, with someone you trust ...

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Special editions for April 2025 -  
World Autism Acceptance Month



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Non-Statutory Advocacy

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