



# LET'S TALK AUTISM

Bolton Together

Registered Charity in England and Wales 1163466

# WHAT IS AUTISM?

Autism is a neurodevelopmental disorder that affects how people communicate and interact with the world and the people in it.

People with autism can find communication or understanding people and their feelings difficult therefore come up against challenges daily.

Some Autistic people require a lot of support, some require little and others none at all.



There are around 700,000 children and adults who are Autistic in the UK

It is important to remember that meltdowns are not 'temper tantrums'. They are a reaction to a highly distressing situation or overwhelming environment.

Have a look at [www.ambitiousaboutautism.org.uk](http://www.ambitiousaboutautism.org.uk) for more information

Stimming is different for everyone, it could be humming, picking, chewing amongst other things and can help a person focus and allows a person to cope, particularly in a sensory challenging environment.



Some people experience shutdowns when a situation is overwhelming. An analogy for a shutdown is like a computer trying to turn on but it can't because there isn't enough power to do so.

People with autism have 'special interests', this could be about anything, their favourite animal, characters, places and people, the list is endless. This interest will take up a lot of their thinking time and they may enjoy talking about it to others.



For lots of autistic people eye contact feels too intense, uncomfortable and can be anxiety provoking. Migraines, stomach problems as a person's anxiety gets higher and higher.



Some people can take things very literally. i.e. if you are wishing them luck and telling them to 'break a leg', they could feel that you are being unkind and may wish them harm. This can cause problematic social situations.

Celebrities with Autism: Anthony Hopkins, Greta Thunberg, Lionel Messi and Elon Musk.



Some people find it helpful to keep a diary of things that their child/young person likes, dislikes and what could trigger or help dysregulation. This could be food, toys or sensory blankets



Visual timetables or now and next boards are a fantastic way to help with transitions (moving on to another task). They help to prepare the child/young person for what is happening and when.



Timers of any sort (one your child/young person prefers) are a great tool to help when transitioning from one thing to another. They can be used to signal the end of a task or the beginning of another.



Forget the stereotypical milestones and set your own. Create your own realistic goals and celebrate the wins!!!



Check out 'cosmic yoga' on youtube for a relaxing stretch and exercise for all the family. Great for a movement break, or as part of a morning/bedtime routine.



Massage therapy can help reduce anxiety, improve sensory processing, and promote relaxation in children with autism. Techniques like pressure and gentle strokes may enhance body awareness and emotional regulation.



A sensory toolkit bag that can be taken anywhere. It is full of goodies such as ear defenders, snacks and fidgets that can help somebody with autism to regulate themselves whilst you're on the go.



Try some deep breathing techniques to start your day or keep them written down for your toolkit

<https://mentalhealthcenterkids.com>



## Helpful websites

[www.autismunderstood.co.uk](http://www.autismunderstood.co.uk)  
[www.thenationalautisticsociety.org.uk](http://www.thenationalautisticsociety.org.uk)  
[www.amitiousaboutautism.org.uk](http://www.amitiousaboutautism.org.uk)  
[www.thinkingautism.org.uk](http://www.thinkingautism.org.uk)  
[www.boltontogether.org.uk](http://www.boltontogether.org.uk)  
[www.gingerbread.org.uk](http://www.gingerbread.org.uk)  
Home - Bolton Parent Carers.

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Bolton Together IThrive referral form 2-19



Bolton Together parent peer support referral form



Bolton Family Hub brochure link

[www.bolton.gov.uk](http://www.bolton.gov.uk)

