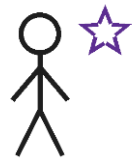
What is Autism?

An Easy Read guide

This is an Easy Read document. It uses simple words and pictures.

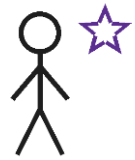
What is autism?

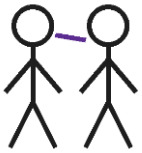
	Autism means a person's brain works in its own way. It is not an illness. It cannot be cured.

Autism can affect

	Talking and understanding people.
	How sounds, light, and touch feel.
	Liking routines and things staying the same.

Every autistic person is different

	No two autistic people are the same. Some talk a lot. Some do not talk at all.

	Some hide how they feel to fit in. This is called masking. It is very tiring.

Remember

	Get to know the person. Do not guess from one idea of autism.