

Understanding Autism

A Gift for Educators Resource

Autism is a natural variation in how the brain develops and processes information. It is not a disease to be cured — it is a different way of experiencing the world.

People with autism may:

- Communicate in unique ways (spoken words, gestures, AAC devices, or silence)
- Experience sensory input more intensely (sounds, lights, textures, smells)
- Thrive on routine and predictability
- Show deep passion and expertise in specific interests

Strengths often seen: incredible attention to detail, honesty, creative problem-solving, strong memory, and loyalty.

Simple ways to support at home or school:

- Offer clear, direct instructions and visual schedules
- Provide quiet breaks or a sensory corner when needed
- Respect their need for personal space and processing time
- Celebrate their special interests — they are often doorways to connection

Remember: When a person with autism feels safe and understood, their unique gifts shine brightly.