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**"If you've met  
one person  
with autism,  
you've met one  
person with  
autism."**

Dr. Steven Shore

*Huddle up*

At Huddle Up, we bring our specialist providers, children, school staff, and families together with high quality care that supports the whole community.

**Better Care Together.**

[www.huddleupcare.com](http://www.huddleupcare.com)

Speech Therapy  
Occupational Therapy  
Mental Health Counseling  
Resources & Education



LET'S LEARN MORE ABOUT

**AUTISM**

## ABOUT AUTISM

Autism Spectrum Disorder (ASD) is a developmental disability characterized by challenges with:

- Social skills
- Restricted or repetitive behaviors, interests, or activities
- Communication and nonverbal language

Each person with autism has their own distinct set of strengths and challenges. The severity of autism can range from very little impact on daily life (level 1) to severely impacted (level 3).

Many autistic people also experience challenges with sensory processing and co-occurring medical conditions such as epilepsy, depression, anxiety, seizures, and attention deficit hyperactivity disorder (ADHD).



## SUPPORT TIPS

People with autism often benefit from therapy with licensed speech, occupational, and mental health professionals to assist with overcoming challenges.

If you know someone with autism, the following tips can help support their development:

- Include them in activities in your family, school, or community.
- Encourage self advocacy. Help them learn to safely express their wants and needs and to communicate about things such as sensory needs.
- Learn about autism so that you can interact in a way that is informed and helpful.
- Find a support system for you and your child.

## FAST FACTS

- 1 in 36 children in the United States has been diagnosed with autism spectrum disorder.
- Boys are four times more likely to be diagnosed with autism than girls.
- Autism can be diagnosed as young as age 2 (occasionally younger), though many people do not receive a final diagnosis until much older.
- Getting help early is important to help children with autism gain developmental support and build self advocacy skills.
- There is no research to support the idea that autism is caused by vaccinations.

## ADDITIONAL RESOURCES

- [Centers for Disease Control \(CDC\)](#)
- [National Institute for Mental Health](#)

**FOR EXPERT HELP**  
[www.huddleupcare.com](http://www.huddleupcare.com)