

Understanding Autism



Autism Spectrum Disorder (ASD) is a complex neurodevelopmental condition. It's often characterised by chronic developmental issues that influence a person's learning, behaviour, and social relationships. Cognitive, social, and emotional difficulties caused by autism may range from moderate to severe.

Autism in Australia

According to the Australian Bureau of Statistics (ABS) Survey of Disability, Ageing, and Careers (SDAC), **around 205,200 Australians**, or one in every hundred persons, had autism in 2018, a 25.1 per cent rise from 2015. Males are 3.5 times more likely to have autism than females.

Common Symptoms

The most common symptoms of ASD include:

- Absent or delayed language
- Rigid and repetitive thinking patterns
- Intellectual disability
- Poor motor skills
- Difficulty paying attention
- Getting extremely upset when rituals and routines have change
- Repetitive behaviour
- Unusual body movements
- An intense obsession with one or few items
- Difficulty understanding own and other people's emotions
- Having less facial expressions than others
- Hypersensitivity to sounds, light, tastes, textures, and smells
- Difficulty managing emotions that often result in temper tantrums, aggressive outbursts, and self-injury

Managing Autism

Early diagnosis and intervention during preschool can help children with autism learn, communicate, and develop necessary social and behaviour skills.

Most people with ASD are treated with behavioural approaches to help manage autism symptoms.

Applied Behavioural Analysis (ABA) is a behavioural treatment that psychologists commonly used to treat autism by encouraging desired and discouraging undesired behaviours and improving the person's skills.



Getting Help



Call us on **1300 151 110** to book an initial consultation with a qualified and compassionate psychologist.

www.unboundminds.com.au