

Asperger syndrome is a form of autism without speech delay or intellectual deficiency.

It is a neurological disorder occurring from the childhood, with a strong heterogeneity between individuals. We are all different and We all have different needs.

SOCIAL INTERACTIONS

Social interactions are instinctive for you, not for me. I do not have this intuition which makes everything logical and linked. I have my own way to live.

Because my understanding of social situations is different, I can behave in a "strange" way, showing emotions that do not fit the situation.

I make a lot of constant efforts in order to be adapted to social situations and that can lead to tiredness.

COMMUNICATION

I do not participate a lot to group conversations because everything goes too fast, and a lot of I do not understand many understatements. I need to feel confident to better communicate.

CHANGES

I struggle with changes and unexpected events. My routine reassure me.

SENSORY PROCESSING

I may be hypersensible or hyposensible to : lights, sounds, touch, textures, smells...

Some ideas to better live together:

- ◆ Learn about Asperger Syndrome,
- ◆ Do not underestimate our difficulties. Pay attention to our needs and our limits,
- ◆ Take into account our fatigability,
- ◆ Use concrete language, without ambiguity, and avoiding understatement,
- ◆ Inform about changes, in order to we can anticipate them
- ◆ Use visual tools (images, photos, written text, videos, etc.). It may make the understanding easier and help us for the organisation,
- ◆ Start the conversation, because we can struggle to make the "first step",
- ◆ Understand the social codes,
- ◆ Value our strenghts.

SUPPORT FROM RELATIVES IS ALSO IMPORTANT

You will find more information at
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www.cra-paysdelaloire.fr



I have Asperger Syndrome

What is it ?

What are the preconceived ideas?

How can we better live together? ensemble ?

**This booklet was designed
by a group of adults with
Asperger's syndrome.**

**This is not a scientific document
but a tool to to create a dicussion
with the people around you.**

**Supported by Centre Ressources
Autisme des Pays de la Loire.**

LET'S SWEEP OVER PRECONCEIVED IDEAS

"Those with Asperger syndrome are antisocial"



Social relationships can make me very anxious. I do not know what I need to do to be part of a group.

If I do not have the "instructions" to communicate and understand your reactions, I may learn how to cope socially.

I can be overwhelmed by sensory stimuli that I cannot filter. I need to be alone a moment to recover.

Even if it is difficult I would like to make some friends.



"Asperger's do not feel anything"



I am not deprived of feeling and Empathy, I understand and express emotions differently.

I am sometimes too direct and I may be clumsy without being aware of it.

"Asperger's are genius"

I am neither a genius nor an idiot. I have my own way to understand and to analyse my environment.

I may have an extensive knowledge in specific interests.



I can talk for many hours on a topic I am passionate about.

However, simple things of the day to day life are difficult for me, like answering the phone.