**How To Understand Autism**

The first step to understanding autism is learning that there is a spectrum, and it can vary depending on the person. Some kids with autism are more high-functioning meaning that they are more independent when it comes to their needs;while others are more low-functioning and therefore dependent. For example, lets say that someone is diagnosed with high-functioning autism. This means that they are more likely to be more verbal, and better at communicating their needs. They may still have issues understanding social cues and may display repetitive behavior. However, for those who are more low-functioning tend to be non-verbal, and also have trouble with motor skills. It’s important to remember that there are different varaitions of autism, and that not every autistic person you meet will appear anti-social, or repeat what they say. The video below gives a good description of how wide the spectrum is, and how the term autism spectrum disorder became the umbrella term for people with disorders such asperger’s syndrome,

<https://www.youtube.com/watch?v=x2hWVgZ8J4A>

<https://www.nimh.nih.gov/health/topics/autism-spectrum-disorders-asd/index.shtml>