

# Autism

Autism is a **lifelong** neurological variation that shapes how a person experiences and interacts with the world.

Autistic people may **think, feel, communicate, connect**, and **experience** their environments differently.

An estimated  
**1 in 40**  
Australians are  
autistic.

**No two autistic people are the same...**



Autistic people have valuable strengths but may face barriers without supports and understanding.

Autism is a valuable part of human diversity—it is not something to fix or cure. By embracing neurodiversity, we create a world where all minds are valued.

# Autistic Voices

Autistic people are the experts on their own diverse experience of autism. Listen to and uplift autistic voices in conversations about autism acceptance, inclusion, and accessibility.

## Want to learn more?

Follow autistic advocates, read books and articles, and support neurodiversity-affirming organisations.

Scan for  
AQ website



**Support &  
next steps...**

Autism Queensland has 57+ years of experience in providing:

- Assessments & diagnostics
- Employment services
- Inclusion consultancy
- Specialised schooling
- Therapy & lifestyle supports
- Training & resources.



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# What is **Autism?**

# Autistic Characteristics

Every autistic person is different, but some common characteristics include:

## Sensory Experiences

Autistic people may engage with or respond uniquely to sounds, lights, tastes, smells, and textures, which can be enjoyable or create barriers to daily life.

## Communication & Social Interaction

Autistic people may communicate:

- Literally, precisely, and directly.
- Using gestures, facial expressions, communication devices, or visual supports.
- By focusing on special interests or engaging in deep conversations.

## Thinking & Processing Information

Many autistic people:

- Have strong focus, especially on topics of interest.
- Recognise patterns and details quickly.
- Prefer structured routines and predictability.
- Bring creative and innovative problem-solving skills.

## Autism is a different way of being...

While autistic people may face barriers and challenges to participation, they also bring valuable talents and perspectives that enrich society. Creating inclusive spaces benefits everyone.

## Supporting autistic people means:

- Respecting their communication styles and preferences.
- Understanding and respecting sensory differences.
- Focusing on strengths and interests.
- Promoting inclusion, self-advocacy, and empowerment.
- Allowing flexibility and autonomy.



A different way  
of experiencing  
the world.



## Seeking a Diagnosis



Autism can be diagnosed at any age—some people are identified in early childhood, while others receive a diagnosis later in life. If you think you, your child, or another loved one might be autistic, here's where to start:

- **For children:** Speak with their teacher, a therapist or general practitioner (GP). A GP can refer you to a paediatrician or psychologist for diagnosis and support.
- **For adults:** A GP can refer you to a psychologist or psychiatrist for diagnosis and support.

A diagnosis can bring clarity, access to support, and help with self-advocacy.

Autism Queensland can assist—get in touch to learn more.

