


Autism is...

A **lifelong** neurological variation, shaping how a person experiences and interacts with the world around them.

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

No two autistic people are the same... 

Autistic people have many 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.

An estimated
1 in 40
Australians are
autistic.

Autistic Voices

Autistic people are the experts on their own diverse experience of autism. Show your support by amplifying autistic voices about autism topics and accessibility, uplift autistic advocates, read books and articles, and support neurodiversity-affirming organisations to continue the learning and sharing of autism information.





Looking for supports or next steps? Reach out today!


Autism Queensland has supported autistic people at all life stages, their families, and the professionals and communities supporting them since 1967. Contact us!

Follow us on socials!



 Email: css@autismqld.com.au

 Phone: (07) 3273 0000

 Website: autismqld.com.au

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.



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 or therapist for advice. A general practitioner (GP) can refer you to a paediatrician or psychologist for formal diagnosis and supports.

For adults: A GP can refer you to a psychologist or psychiatrist for formal diagnosis and support. A diagnosis can bring clarity, access to services, and help with self-advocacy.

Autism Queensland can assist with questions, assessment and diagnostics, post-diagnosis supports, and more—get in touch today!

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.

