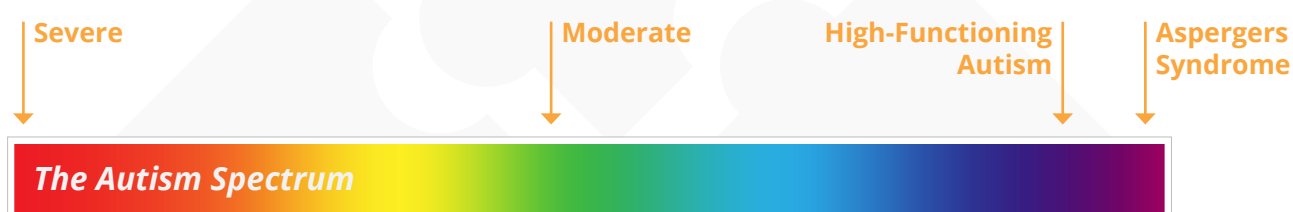


MODULE 1

High Functioning Autism

High Functioning Autism, sometimes referred to as **HFA**, is on the higher functioning end of the autism spectrum. People with High Functioning Autism are unlikely to have an intellectual disability and will be of average or above average intelligence. They will also have good cognitive and verbal skills. The majority of people and children with High Functioning Autism want to be social but do not have the instinctive or intuitive skills to do so. Once again it is important to stress that High Functioning Autism is only a classification and that people and children with HFA will have varying degrees and difficulties and abilities.



Detailed below are some of the areas of difficulty that people with High Functioning Autism (HFA) may experience:

- Difficulties with socialisation and appropriateness in social situations.
- Difficulties in reading and understanding the emotions of others.
- They will find it difficult to read and interpret social cues.
- People with High Functioning Autism find it difficult to read other people's body language and facial expressions.
- They may suffer from high levels of anxiety and suffer from social anxiety.
- They may suffer from low self esteem due to their lack of success in social situations.
- They may have difficulty understanding the abstract use of language including sarcasm, humour and the use of idioms.
- They may have an obsessive interest in a particular topic or subject.
- Many people with HFA may have sensory processing difficulties. These difficulties can affect their ability to tolerate certain environments and situations.
- People with High Functioning Autism can be reliant on routine to manage their daily lives.