

# AUTISM AWARENESS

## Triad of Impairments

### About Restricted & Repetitive Behaviours

Restricted & Repetitive Behaviours are another shared trait (characteristic) of autism. This is element of the Triad of Impairments of Autism is common in all persons diagnosed with the condition and once again the severity of this trait can vary from person to person.

Some of the ways that “Restricted & Repetitive Behaviours” can be displayed by person with autism are as follows:

- *They may display rigid patterns of behaviour.*
- *They may be reliance on these patterns of behaviour and routines and any deviation may cause issues such as anxiety, outburst and challenging behaviours.*
- *They may have obsessions with objects, characters or collectables.*
- *They may lack social imagination and have difficulty in predicting what will happen next.*
- *Any break in regular routines may have to be planned in advance to lessen stress and anxiety levels.*
- *People and children with autism may have difficulty with unfamiliar situations and locations.*
- *They may have difficulty in predicting the thoughts and actions of others*

