

AUTISM AWARENESS

Autism and the Individual

Restricted & Repetitive Behaviours:

Restricted & Repetitive Behaviours (a lack of Social Imagination) can impact a person with autism in the following ways:

- *People with autism are often very reliant on routine to manage their day to day lives.*
- *Many people and children with autism have difficulty in coping with unexpected changes.*
- *Transitioning from one task to another can also be difficult for people and children with autism.*
- *People with autism can be very resistant to changes in their routine and may rely on visual prompts to manage those changes.*
- *Uncertainty about what's coming next or an unexpected change in routine can result in anxiety and drive challenging behaviours.*
- *People with autism may have very restricted interests and can fixate on a particular object or area of interest.*
- *People with autism find it difficult to predict how their behaviours will impact on another individual.*
- *Have difficulty in understanding how others think, feel and react.*
- *Problems with predicting actions or events in the future.*
- *Difficulties with new or unfamiliar situations.*
- *Difficulties in understanding concepts such as danger or threat.*
- *This is why many children and people with autism are reliant on routine and schedules as they remove the necessity for social imagination.*

