



Guidelines for Autism and Asperger's



Once considered two separate disorders, Asperger's is now classified as an autism spectrum disorder

Social Skills

- Discuss problems, model and role play correct responses
- Check on basic skills, e.g. If they know if they have made someone angry. If they do not, ask them to clarify this with people concerned.
- Emotional training: work on recognising, describing, and acting out different emotional states



Repetitive Interests

- Look at other interests as supplements.
- Look at things to fill in time when there is no structure
- Teach relaxation exercises so they do not get anxious if they cannot fill time with their favourite interest.

Language

- Practice conversation skills, how to open and close a conversation
- Help them to learn to understand jokes, e.g. By asking people if something is a joke or not.

Auditory Sensitivity / Tactile Sensitivity



- Help identify upsetting noises, e.g. others screaming - can then ask them to let the teacher know that it upsets them.
- Use music or something else pleasant as a way of blocking out unpleasant noises. It also helps to get used to different sounds

In the Classroom

- They appreciate structure. Teach use of clocks early - it helps enhance their feelings of safety.
- Low tolerance of failure hate criticism - so a good relationship with the teacher, with a lot of positive reinforcement is vital.

Strengths and Abilities that may be displayed

Learning to read at an early age

Memorising and learning information very quickly

Logical thinking ability

Learning and thinking in a visual way

Being precise and detail oriented

Exceptional honesty and reliability

Dependable around schedules and routines

Being very punctual

Excellent sense of direction

Strong adherence to rules

Able to concentrate for long periods of time when motivated

A capability for alternate problem solving

A drive for perfection and order

May Excel (if able) in academic areas such as science and mathematics as they are technical and logical subjects that do not heavily rely on social interaction.

Having an extraordinarily good memory (being able to remember facts for a long period of time)

