



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)

