

# The Positives of Autism

Autism is often defined and described in terms of deficits. This happens in order to determine a diagnosis and what support is appropriate. But it is also important to think about Autism and neurodiversity in a more positive way



- Recent studies indicate that 1.1% or 695,000 people in the UK may have an ASC. ([www.autism.org.uk](http://www.autism.org.uk))
- The ratio of boys to girls diagnosed with ASC is around 3:1.

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## Positive Attributes

- **Observation Skills** –Noticing details that others can miss.
- **Absorb and Retain Facts**-A good long term memory and ability to recall information
- **Visual Skills** –A strong ability in this area and detail focussed
- **Expertise**-In-depth knowledge on specific topics
- **Methodical** –Analytical thought processes and abilities to spot patterns and repetitions
- **Novel Approaches**-innovative solutions to problems, seeing things from a different perspective
- **Creativity**-A distinctive imagination and expression of ideas
- **Determination**- A drive to challenge opinions
- **Accepting of difference**-Not judging people on things like class or status
- **Integrity**-Honest and committed

# More information

Here is a list of some famous people you may recognize who have a diagnosis or thought to have been on the Autism Spectrum and what they've contributed.

- Greta Thunburg – Environmental Activist
- Antony Hopkins-Actor
- Chris Packham-Naturalist, Author and Presenter
- Tim Burton –Movie Director
- Michelangelo – Sculptor, Painter, Architect
- Mozart-Composer
- Sir Isaac Newton-Mathematician, Astronomer, Physicist
- Gary Numan -Musician
- Albert Einstein-Physicist
- Lewis Carrol –Author
- Bill Gates – Co-Founder of Microsoft
- Charles Darwin-Naturalist
- Dan Ackroyd- Comedian and Actor
- Satoshi Tajiri-Creator of Pokémon
- Pablo Picasso-Artist
- Daryl Hannah –Actress
- David Byrne- Musician
- Alan Turing-Mathematician

The exact cause of ASC is still being investigated. Research into the causes suggests that a combination of factors, both genetic and environmental, may account for differences in development.

ASC is not caused by a person's upbringing or their social circumstances and is not the fault of the individual with the condition. ASC is not caused by vaccinations.

