

AUTISM CHALLENGES



PRE-EMPTIVE
HEALTHCARE

SOCIAL CHALLENGES

- Limited Emotional Expression
struggle to express emotions through facial expressions or vocal tone, which can lead to misunderstandings in social settings
- Reaction to Social Cues
difficulty to respond to social cues, as they might be more sensitive to certain emotions from others
- Difficulty Predicting Social Interactions
due to differences in processing social signals, predicting or understanding social behaviours may be confusing

COGNITIVE CHALLENGES

- Theory of Mind Difficulties
understanding the thoughts and feelings of others can be difficult, leading to potential misinterpretations in social interactions
- Rigid Thinking
a preference for routines and predictability can make it hard to adjust to changes, especially in social contexts
- Increased Risk of Post-Traumatic Stress Disorder (PTSD)
there is increased vulnerability to experiencing trauma or developing PTSD due to factors such as challenges in navigating social situations
- Emotional Awareness (Alexithymia)
difficulty identifying and expressing emotions, which can sometimes cause confusion in social interactions
- Face Recognition Challenges
Difficulty recognising or remembering faces, often because of differences in brain processing

SENSORY CHALLENGES

- Sensory Overload
becoming overwhelmed by the environment, leading to shutdown or the need for a quiet space
- Meltdowns
experiencing meltdowns which can involve emotional outbursts or self-soothing behaviours when overwhelmed
- Shutdowns
experiencing complete withdrawal, becoming unresponsive or immobile often followed by recovery time, in response to sensory or social overload
- Sensitive to Sound
discomfort or pain from certain sound frequencies in everyday environments