

AUTISM STRENGTHS



**PRE-EMPTIVE
HEALTHCARE**

SENSORY STRENGTHS

- **Enhanced Visual Sensitivity**
exceptional ability to detect visual details and patterns that others may overlook
- **Focused Attention / Tunnel Vision**
the capacity to concentrate deeply on specific elements, providing a clear and detailed perspective
- **Vivid Colour Perception**
an increased sensitivity, where certain colours may appear brighter or more pronounced
- **Synesthetic Experience**
the blending of different sensory experiences, like associating sounds with colours
- **Heightened Auditory Sensitivity**
an advanced ability to detect and distinguish subtle sounds, such as variations in pitch
- **Elevated Sense of Smell**
a heightened sense of smell, linked to stronger sensory processing

COGNITIVE STRENGTHS

- **Higher Intellectual Potential**
some researchers view autism as a trait linked with intellectual excellence, as it is associated with higher rates of giftedness
- **Exceptional Abilities / Savant Syndrome**
a significant gap between areas of challenge and extraordinary skill in specific areas, such as art, mathematics or music
- **Strong Memory**
remarkable memory retention, sometimes akin to a savant-level capacity
- **Deep Specialised Knowledge**
through intense focus on particular interests, some autistic people become highly knowledgeable experts in certain fields
- **Advanced Problem-Solving Skills**
ability to solve complex problems quickly through strong focus and identifying patterns and solutions
- **Logical Decision-Making**
more frequent and rational decisions by paying close attention to details rather than relying on instinct
- **Hyperfocus**
ability to maintain extreme concentration on specific tasks or subjects for extended periods
- **Pattern Detection**
highly adept at spotting patterns. a valuable skill in fields like mathematics or music
- **Creative Thinking**
excel in lateral thinking, generating unique and novel ideas or solutions

BEHAVIOURAL STRENGTHS

- **Consistent Work Ethic**
exhibit strong, persistent work ethic, demonstrating dedication even when faced with repetitive or challenging tasks