

Let's Learn about Diagnosis and Supports

What is a diagnosis?

What are some supports for autism?

Think about your supports

What is a diagnosis?



Some brains work differently.
A diagnosis is a quick way to describe how your brain works.
A doctor can give you a diagnosis.
It is easier to get the supports you need if you have a diagnosis.

What are some supports for autism?



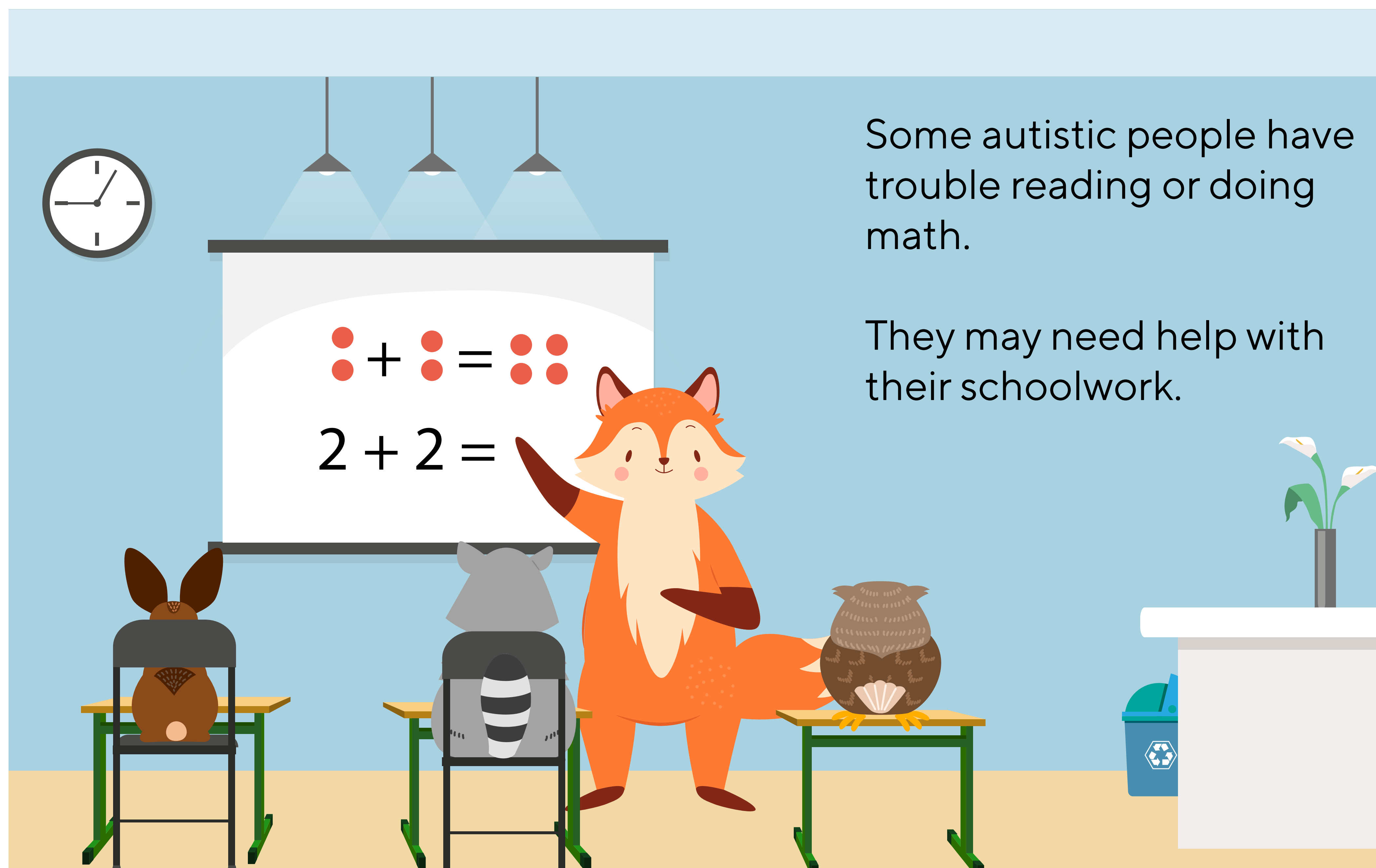
Some autistic people need support to help them tell others how they feel or what they think.
Or autistic people may need help to not be upset when there are loud noises or bright lights.



Some autistic people may want to have more friends.
So they may join a group to teach them how to make friends.



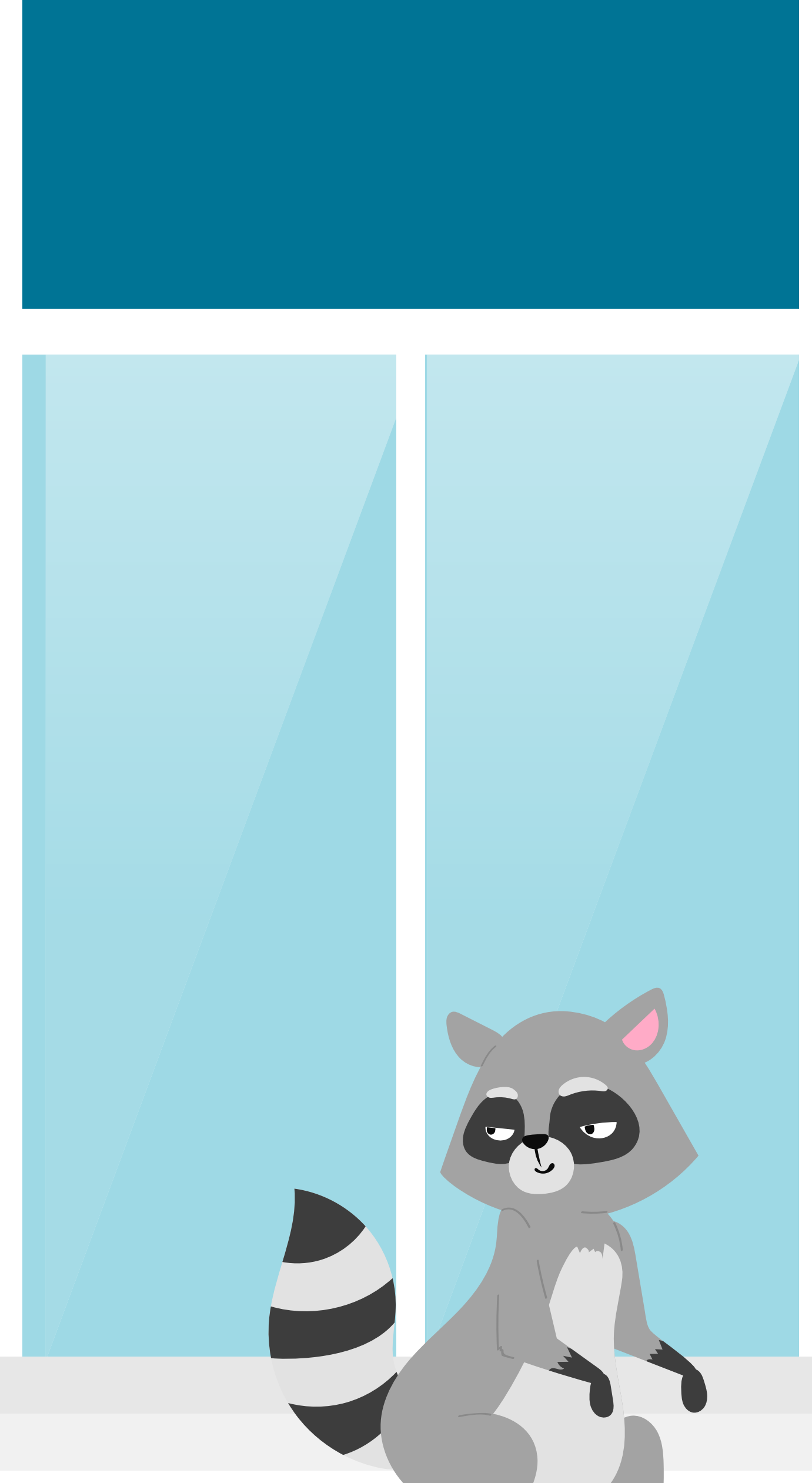
Other autistic people may need support with learning.
how to cook or clean the dishes,
or how do laundry.



Some autistic people have trouble reading or doing math.
They may need help with their schoolwork.

Think about your autism supports

We all feel better when we have what we need.
Have you ever used a support that you liked?
Have you ever had to wait for support?
What supports do you think you might need when you are older?



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