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Robyn Steward

Autism from a person not just a textbook

Introduction to Autism

By Robyn Steward

2/27/2021
 www.robysteward.com
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Robyn Steward

My life now!

HEART N SOUL AT THE HUB

Gigs

The Autism-Friendly Guide to Periods

books

The Autistic Spectrum

Training

BBC Podcast

Heart N Soul at the hub (wellcome hub award)

Robyn's Rocket

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Robyn Steward

Autism from a person not just a textbook

Autism

I don't want you
To feel like this
When you think
About autism.

Image of woman overwhelmed

Photo by Ryan Jacobson on Unsplash

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Autism from a person not just a textbook

Autism means your brain develops differently to Non Autistic people.



Photo by [Robina Weermeijer](#) on [Unsplash](#)

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Autism from a person not just a textbook

Everyone is different but broadly autism effects 1/2

- 
Social communication
e.g body language
- 
Theory of mind e.g understanding what someone else's intentions might be
- 
Sensory perception
- 
Special/ intense interests

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 Autism from a person not just a textbook

Everyone is different but broadly autism effects continued



Understanding
Metaphors and non
Literal language.



Executive functioning –
working out what to do ,
how and I what order



Can find
change of routine
Difficult

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 Autism from a person not just a textbook

Autism overlaps with many other conditions e.g



Epilepsy



Alexithymia = difficulty identifying what
emotion you are feeling



Learning Disability



Dietary needs e.g
intolerance to gluten



Dyspraxia clumsy , problems with
Learning a new sequence for a task and
Short term memory problems.



Anxiety and depression

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Autism from a person not just a textbook

What does distressed behavior look like?

Externalizing or internalizing



Photo by [Lacie Slezak](#) on [Unsplash](#)



Photo by [JC Gellidon](#) on [Unsplash](#)

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Autism from a person not just a textbook

Meltdowns and shutdowns

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Autism from a person not just a textbook

Anxiety

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