

# UNDERSTANDING ASPERGER'S SYNDROME

Asperger's Syndrome (or Asperger's) is a developmental condition that falls within the autistic spectrum. It is identified through observing challenges in social interaction, social communication, and flexibility of thinking or imagination. Typically, there are also sensory issues and a delay in motor development.

It is a diagnosis that was previously used in the medical community before it became part of the diagnosis of autism spectrum disorder in 2013. Typically, individuals with strong verbal language skills and high intellectual ability were diagnosed with Asperger's rather than other types of autism.

Challenges can include:

- Sensitivities to sensory stimuli such as bright lights, loud noises, smells etc.
- Challenges with conversations, social situations
- Challenges with non-verbal conversation skills
- A strong desire for routine and predictability
- Restricted interests
- Increased chance of anxiety and depression

Strengths can include:

- Excellent memory skills
- A strong desire to learn
- Skills at recognizing patterns
- Strong attention to detail
- Creative

Talent for computers, maths, music or learning languages

Many individuals with Asperger's face a lack of understanding in their everyday lives, and often feel they must hide their symptoms and behaviours to "fit in." This can lead to a reduced sense of self-esteem, depression and anxiety as well as feeling different from most people in society and therefore excluded.

Support can be extremely helpful for individuals with Asperger's including mental health support, coaching to build upon strengths, social skill training, job coaching and cognitive behavioural therapy.

To find out more or to access our services: Visit: [www.autismplus-employmentservices.co.uk](http://www.autismplus-employmentservices.co.uk)  
Telephone: 0114 384 0284 Email: [employmentsupport@autismplus.co.uk](mailto:employmentsupport@autismplus.co.uk)