I can do lots of things if I learn how...

Even though some things are hard for me, I can try the things below to help me do my best each day:

Because I understand pictures and things that are written down:

- I can use pictures and lists to learn.

Because I can learn small bits at a time:

- I will be most successful if hard things are broken into steps to help me learn them.

Because I like routines:

- I will like to do the same things at the same time or to have a schedule to let me know what to expect.
- It will help to have reminders if things will change, so I'm ready for the change.

Because it is hard to know what to say:

- I can work with adults to learn what is and what is not okay to say.

Because it is hard making friends:

- I can work with adults and other kids to practice making friends.

We also have...

- What is Autism?
- What is Autism video
- What is Autism brochure
- What is Autism animation
- What is Autism? also in Spanish
- activity templates

Strategies for Teenagers & Adults

... and other resources!

www.HANDSinAutism.org

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The HANDS (Helping Answer Needs by Developing Specialists) in Autism® Interdisciplinary Training & Resource Center is located within the Department of Psychiatry at the Indiana University School of Medicine. Support for the foundational development of the HANDS in Autism® Center has been provided through a combination of federal and state funding as well as private philanthropies. To learn more, please contact Naomi Swiezy, Ph.D. HSPP, Director, at nswiezy@iupui.edu or find us at www.HANDSinAutism.org.
People may use the term autism or ASD, but both mean autism spectrum disorder. Because I have autism spectrum disorder, I may have a hard time with things that are easier for other people:

1. Talking and knowing what to say
2. Making friends
3. Controlling my body movements
4. Understanding that people have different interests
5. Being comfortable with different sounds, textures, lights, and tastes

Because I have autism spectrum disorder, my brain may need to be taught how to do things that are easier for other people.

I may learn differently. But everyone has things that are easier for them and things that are harder for them.

Everyone is good at some things (STRENGTH) and not as good at other things (WEAKNESSES)

Can I:

cook?
sing?
run fast?
draw?

What are my strengths?

_________________________
_________________________
_________________________

What are my weaknesses?

_________________________
_________________________
_________________________

Some of my other strengths might be...

Understanding pictures
Paying attention to one thing
Learning routines
Learning small bits at a time
Playing with people I know well

Some of my weaknesses might be...

Understanding words
Moving to new activities
Learning a new way to do things
Making new friends

Questions about Autism spectrum Disorder

1. How did I get autism spectrum disorder?
   Nobody knows for sure—but it's nothing you did or your parents did. Autism spectrum disorder is just as much a part of who you are as your hair color or eye color.

2. Will my autism spectrum disorder go away?
   You will have autism spectrum disorder your whole life, just like you will always have the eye color you have. You can learn ways to make things easier for yourself and how to have others help you do the best you can.

3. Does having autism spectrum disorder mean there is something wrong with me?
   Autism spectrum disorder is a word that is used to explain why it's hard for you to do things that are easier for other people. There is nothing wrong with you! You have lots of things you are good at just like everyone else. Sometimes you may just need some extra help learning new things.

4. What can I do now that I know I have autism spectrum disorder?
   You can learn ways to help yourself! There are lots of things you can do that use your strengths to help you learn new things. You can remember to ask for help when things are hard. You can remember that it is okay to need extra help sometimes!