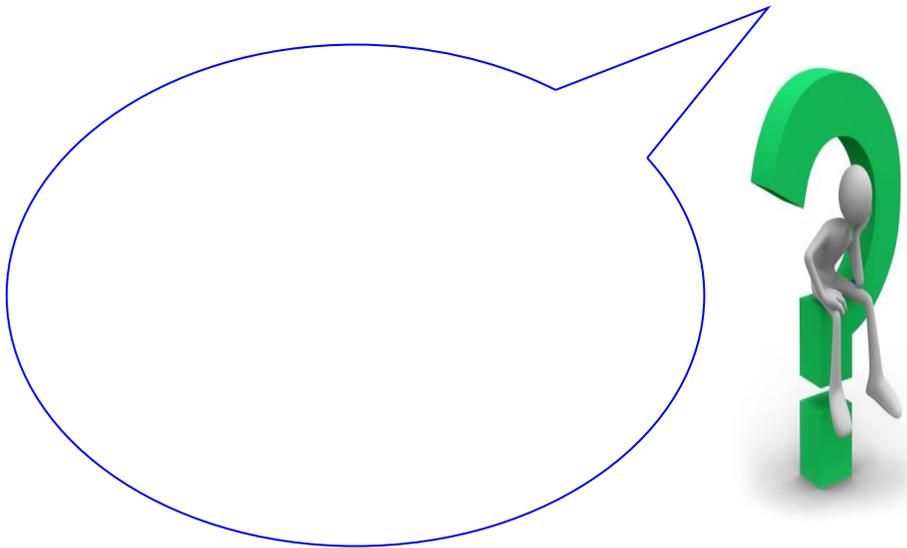


Write down any questions you want to ask?



Autism Spectrum Disorder Diagnosis Information Leaflet for Siblings



If you want further help and support contact;

NHSCT

www.northerntrust.hscni.net Tel: 028 2563 3777

Autism NI

www.autismni.org Tel: 028 9040 1729

National Autistic Association

www.autism.org.uk Tel: 028 9068 7066

Autism Network NI

www.autismnetworkni.org.uk Tel: 028 9261 1851

Barnardo's Young Carers Service

www.barnardos.org Tel: 028 7963 1344

Family Support Database

www.familysupportni.gov.uk Tel: 08456006483

TOP TIPS FOR ME

NAME: _____

Autism Spectrum Disorder (ASD) affects a person's social skills, their communication, interests and behaviour.



Children and Young People with ASD may have differences in:

- ⇒ Knowing what to do when they are with other people.
- ⇒ Knowing what to say to others and understanding what others are saying to them.
- ⇒ Putting themselves in someone else's shoes, and understanding when things are not real.
- ⇒ Senses; touch, smell, taste, sight, balance and co-ordination may be different.
- ⇒ Their brain works differently, they are good at some skills but may need support in other areas.

- ⇒ ASD is not anyone's fault, it happens before someone is born.
- ⇒ You cannot 'catch' ASD.
- ⇒ 2 in every 100 school aged children in Northern Ireland have ASD.
- ⇒ People with ASD are good at many different things.
- ⇒ ASD has many names including Autism,, Autism Spectrum Disorder, Asperger's Syndrome.



Helping your Brother/Sister with ASD



Things that you can do that will help your brother or sister that has ASD:

- ⇒ Call your brother / sister by their name when trying to get their attention.
- ⇒ Speak slowly and clearly and use eye contact.
- ⇒ Do one thing at a time and wait 10 seconds for a response.
- ⇒ Use pictures to describe what you are going to be doing.



You brother/sister may be treated differently to you and you may feel '*its not fair.*' Here are some Top Tips that might help:

- ⇒ Talk about how you are feeling with your parents, family members, teachers or your friends.
- ⇒ Get involved in activities/hobbies that you enjoy.
- ⇒ Have some time on your own each day when you can relax and unwind.
- ⇒ Ask your parents for some time each week that you can do something together.
- ⇒ Discuss house rules/family contract with your parents and siblings.