

UWE Wellbeing Service

Autism Spectrum Conditions (ASC) and Asperger Syndrome

Autism is a lifelong developmental condition that affects how a person communicates with, and relates to, other people. It also affects how they make sense of the world around them. It is a spectrum condition so it affects individuals in different ways. All people with autism share three main areas of difficulty:


- **Social interaction** – recognising and understanding own and others' feelings, and understanding how to interact with others and form friendships
- **Social communication** – using and understanding verbal and non-verbal language
- **Social imagination** – understanding and predicting others' intentions and behaviour, and imagining situations outside of own routine

Characteristics of Autism include:

- Need for routine and difficulty adapting to change
- Adherence to rules
- Sensory processing issues/ sensory sensitivity
- Special interests

Many people on the autism spectrum have significant strengths such as high attention to detail, increased levels of accuracy and reliability, an excellent memory for facts and figures, creative talent, and the ability to thrive in a structured, well-organised work environment. Some individuals with autism do not consider autism to be a disability but a neurological difference.

UWE Library

-  Murray, S. (2011). **Autism** [Full text online](#)

Further reading

- Higashida, N. (2013) **The Reason I Jump**
- Fleisher, M. (2006) **Survival skills for people on the autism spectrum**
- Dubin, N. (2009) **Asperger syndrome and anxiety: a guide to successful stress management**
- Edmonds, G. and Worton, D. (2006) **The Asperger personal guide**
- Lawson, W. (2003) **Build your own life: a self-help guide for individuals with Asperger's**
- Attwood, T. (2008) **The complete guide to Asperger's syndrome**. London: Jessica Kingsley
- Murray, D. (2005) **Coming out Asperger: Diagnosis, disclosure and self-confidence**
- Simone, R. (2010) **Asperger's on the Job**
- Simone, R. (2010) **Aspergirls: Empowering females with Asperger Syndrome**

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Articles

- Interesting article from the Guardian about University life as a student with Autism
<http://tinyurl.com/pkbn4ov>

Websites

- **Asperclick** – Forum set up by ambitious teenagers with Autism to help and support others affected by autistic spectrum disorders <http://asperclick.com/>
- **Aspergers and ASD UK** – online forum for people with Asperger's and Autistic spectrum disorders <http://www.asd-forum.org.uk/forum/>
- **The National Autistic Society** - the leading UK charity for people with autism (including Asperger syndrome) and their families <http://www.autism.org.uk/>
- **Wrong Planet** – Forums, news, and therapy services for people with Autism
<http://wrongplanet.net/>

Local Organisations

BASS Autism Services for Adults - BASS runs on a service (groups and individual sessions) on a Friday 12.30pm-4.30pm at the Create Centre in Bristol <http://tinyurl.com/hvn7tbl>

- help people with (ASCs) access a range of services and opportunities that suit them
- offer one to one support to people with ASCs
- offer a variety of groups for people with ASCs to attend
- provide a safe place where people with ASCs can meet & share their experiences

Bristol Asperger Adult Social Group - A social group for adults that meets in a pub in Bristol, usually on the second Tuesday in each month from 7.30-9.30pm. andrew.powell@nas.org.uk

Bristol City Council - Information on local support for people with Autism in the local area.
<http://www.bristol.gov.uk/page/adult-care-and-health/autism>



Further support at UWE

The Disability Service can discuss getting support such as reasonable adjustments and Disabled Students' Allowance: <https://www.gov.uk/disabled-students-allowances-dsas/overview>
<http://tinyurl.com/hr8faak>

Complete the online enquiry form or book an appointment via an InfoPoint on campus:
<http://www1.uwe.ac.uk/students/studysupport/disabilityservices/contactdisabilityservices.aspx>

