



Checklist for Signs of **Autism** in Teenagers & Adults







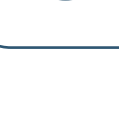
Communication & Social Interaction

-  May find making and keeping friends difficult
-  Might prefer company of older or younger people
-  Can sometimes have problems joining or working in groups
-  May have difficulty understanding other people's thoughts and feelings
-  Might need reminders to greet or farewell people
-  Can sometimes seem excessively honest or blunt
-  Might have conversational difficulties (e.g. very quiet or excessively one sided conversations about interests)
-  May find it hard knowing what is expected in different social situations
-  May show signs of anxiety causing avoidance of school or work



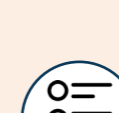


Non-Verbal Communication

-  Might dislike or avoid eye contact
-  May have reduced use or understanding of gesture or facial expressions




Thinking Style

-  May be literal and 'black and white'
-  May be a strict follower of rules and shows a strong focus on fairness and justice
-  Might have excellent factual memory but struggles to organise themselves
-  May have trouble switching focus or attention
-  May struggle to 'read between the lines'
-  Might display a strong preference for visual presentation of information (e.g. comics, manga)
-  May need support with problem solving

Interests & Behaviours

-  Interests may be unusual, very 'niche' or all consuming
-  May enjoy familiarity, or show marked repetitive behaviour of watching of TV series/movies or re-reading of books
-  Might arrange things in patterns and dislike these being moved
-  Can be insistent on routines or rituals in order to feel 'just right'
-  May display repetitive movements (e.g. fidgeting, rocking, hand flapping etc)

Sensory Differences

-  May have unusual responses to sound, sight, touch, taste, smell, movement and pain
-  Can have difficulty picking up on internal bodily sensations and emotions
-  May use sensory experiences to self soothe

Checklist for Signs of **Autism** in Teenagers & Adults

Communication & Social Interaction

Finds making and keeping friends difficult

Prefers company of older or younger people

Has problems joining or working in groups

Has difficulty understanding other people's thoughts and feelings

Needs reminders to greet or farewell people

Seems excessively honest or blunt

Has conversational difficulties (e.g. very quiet or excessively one sided conversations about interests)

Finds it hard knowing what is expected in different social situations

Shows signs of anxiety causing avoidance of school or work

Non-Verbal Communication

Dislikes or avoids eye contact

Has reduced use or understanding of gesture or facial expressions

Thinking Style

Is very literal and 'black and white'

Is a strict follower of rules, and shows a strong focus on fairness and justice

Has excellent factual memory but struggles to organise themselves

Has trouble switching focus or attention

Struggles to 'read between the lines'

Displays a strong preference for visual presentation of information (e.g. comics, manga)

Needs support with problem solving

Interests & Behaviours

Interests are unusual, very 'niche' or all consuming

Enjoys familiarity, or shows marked repetitive behaviour of watching of TV series/movies or re-reading of books

Arranges things in patterns and dislikes these being moved

Is insistent on routines or rituals in order to feel 'just right'

Display repetitive movements (e.g. fidgeting, rocking, hand flapping etc)

Sensory Differences

Shows unusual responses to sound, sight, touch, taste, smell, movement, pain

Has difficulty picking up on internal bodily sensations and emotions

Uses sensory experiences to self soothe