



# Autism: the positives



Understanding, embracing and celebrating different ways of thinking and doing can release the true power of the autistic mind. Here we look at the positive features of autism.



## Attention to detail

- Thoroughness
- Accuracy



## Methodical approach

- Analytical
- Spotting patterns, repetition



## Deep focus

- Concentration
- Freedom from distraction



## Novel approaches

- Unique thought processes
- Innovative solutions



## Observational skills

- Listen, look, learn approach
- Fact finding



## Creativity

- Distinctive imagination
- Expression of ideas



## Absorb and retain facts

- Excellent long term memory
- Superior recall



## Tenacity and resilience

- Determination
- Challenge opinions



## Visual skills

- Visual learning and recall
- Detail-focused



## Accepting of difference

- Less likely to judge others
- May question norms



## Expertise

- In-depth knowledge
- High level of skills



## Integrity

- Honesty, loyalty
- Commitment

## ⚠ Remember

**Every** experience of autism is **unique**. **No one person will identify with every positive feature of autism**. We all have **individual** skills, attributes and characteristics that are as unique as our personalities – this is the **power of neurodiversity**.