

# Autism Awareness

## Introduction

This course will give learners an introduction and awareness of autism. It is aimed at people who want to understand and make a difference in the lives of individuals with the autism spectrum condition, including parents, carers, professionals and individuals with a diagnosis of autism and who have little or no knowledge of the condition.

It is also designed for people who require a refresher in the subject.



## Audience

This awareness course is intended for anyone who requires an understanding of autism, this includes:

- Carers, parents and professional organisations
- Adult and Children's Social Care Services staff and other local authority partner organisations
- Housing and public health staff
- Health staff
- Education staff

## Objectives

In this course you will learn:

- What autism is
- What causes autism
- About the autistic spectrum
- What the three main challenges people with autism face
- About the typical characteristics of individuals with autism
- About the importance diagnosing autism
- About the strengths and positives of having autism

## Modules

This course contains the following modules:

### Module name

- What is autism
- Experiencing autism
- Characteristics and diagnosis

## Content

Here are some of the topics covered in the modules:

What is autism?; How common is autism?; What is Asperger syndrome?; What causes autism?; So how much do you know about autism?; The Autism Spectrum; The main challenges; Social communication; Body language, facial expressions and tone of voice; Sayings and phrases; Social interaction; Making friends; Social imagination; Mind blindness; Sensory issues; What does autism feel like?; Coping methods; Typical characteristics; Diagnosis of women; The strengths of autism

