



April is Autism Awareness Month



Many people with Autism Spectrum Disorder (ASD) have different ways of learning, paying attention, or reacting to things.

Signs of ASD begin during early childhood and can last throughout a person's life. ASD occurs in all racial, ethnic, and socioeconomic groups, but is about 4 times more common in boys than in girls. The CDC estimates 2.21 percent of U.S. adults are living with ASD, and there is a good chance that you may know — or work with — someone with ASD.

Being better informed will help you be more supportive toward people with ASD.

What you should know

- ASD **may not be evident** unless a symptom is triggered
- **No two people with ASD present the same way.** There are a wide range of symptoms and severity. Learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged
- Some people with ASD need help with daily life, others are independent, and some fall in between



Many people with ASD achieve remarkable success in their personal and professional lives.

What you can do

- **Do not assume someone has ASD**
- If you know a person has ASD:
 - **Follow their lead.** For example, if they prefer not to make eye contact, do the same when talking to them
 - **Be patient,** tolerant and nonjudgmental
 - **Keep in mind their strengths,** which often include reliability, motivation to work well, and respect for rules
- **Include them** in social situations, but recognize and respect their social boundaries

Sources:

1. Centers for Disease Control and Prevention (CDC). Autism Spectrum Disorder. <https://www.cdc.gov/ncbddd/autism/facts.html>

2. Centers for Disease Control and Prevention (CDC). First Estimates of the Number of Adults Living with Autism Spectrum Disorder in the United States. <https://www.cdc.gov/ncbddd/autism/features/adults-living-with-autism-spectrum-disorder.html>



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