

# Autism

(may affect 1% - 3% of the general population, to some degree)

## Key characteristics:

- differences in the interpretation and processing of sensory input, including interoception (internal signal from the body)
- difficulty interpreting other people's words and behaviour, including facial expressions and gestures
- a preference for facts and concrete ideas
- a strong preference (need) for routine and predictable situations
- difficulty forming and maintaining personal relationships

## Organisations that offer information and support

- [ELT well](#)
- [The National Autism Society](#)
- [autisticallity](#)

