



## Autism: the positives



# 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-focussed



### 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**.

Harriet Cannon  
Disability Services, February 2018

Icons designed by Freepik from [www.flaticon.com](http://www.flaticon.com)



UNIVERSITY OF LEEDS