

Autism Awareness Month



www.altogetherautism.org.nz

What is Autism Awareness Month?

A month dedicated to promoting acceptance, celebrating differences and emphasizing the inclusion of individuals on the autism spectrum.

The Autism Society held the first National Autism Awareness month in 1970. Since then, autism has become the fastest growing developmental disability in the world.

The goal of this month is to educate the public and bring awareness about autism. It is also a chance to create and build connections and empower people within the autism community.

1

DID YOU KNOW?

World Autism Awareness Day is April 2nd. It was adopted by the United Nations in 2007.

2

"LIGHT IT UP BLUE"

Wearing blue on April 2nd is a way for you to show support for individuals with autism.

3

TODAY

1 in 44 children is diagnosed with an autism spectrum disorder (ASD) in the United States.



AWARENESS VS. ACCEPTANCE

The Autism Society of America is leading an effort to change Autism Awareness Month to Autism Acceptance Month.

Bringing awareness is important and necessary but, being aware is only the first step. It is more meaningful to accept people the way they are without trying to change them.

Many times people with disabilities are seen as having a deficit instead of being celebrated for the unique individuals that they are.

<https://sites.uab.edu/humanrights/2021/04/02/the-shift-from-autism-awareness-month-to-autism-acceptance-month/>

What is Autism?

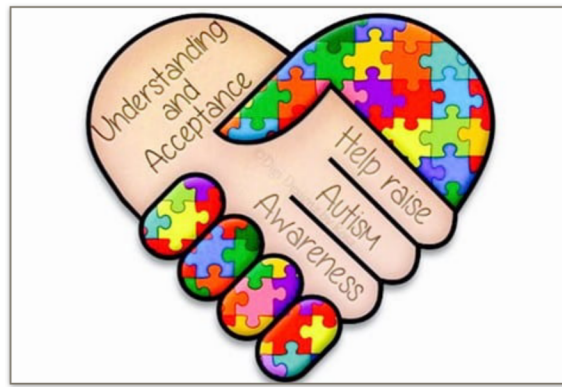
Autism Spectrum Disorder (ASD) is a developmental disorder that impacts development of the brain. It can affect a person's cognitive abilities as well as their ability to interact socially and communicate. Some people with autism do not use verbal communication at all.

Autism is a lifelong condition. It is a very diverse disorder and may look different for everyone. This means that individuals will have wide and varying levels of needs.

The autism experience is unique for everyone. Some individuals may need a high level of support while some may only need a little bit of support with daily activities. Like all people, individuals with autism have different strengths and weaknesses.

People with ASD may have some or all of the following difficulties:

- Social communication and social interaction challenges
- Repetitive and restrictive behavior
- Over or under sensitivity to light, sound, taste or touch.
- Highly focused interests or hobbies.
- Extreme anxiety



<https://sites.uab.edu/>

People to Know

The following famous people have been diagnosed with ASD.

- **Greta Thunberg**- Swedish teenage environmental activist.
- **Daryl Hannah**- American actress best known for her roles in Little Rascal and Steel Magnolias.
- **Alexis Wineman**- Autism advocate who was "Miss Montana" in 2013 and competed in the Miss American pageant.
- **Dan Aykroyd**- Canadian actor, comedian, writer, producer and musician with roles in the movies Blues Brothers and Ghostbusters.
- **Temple Grandin**- scientist and animal behaviorist who fights for the humane treatment of livestock. She is also an international spokesperson on autism.

DIG DEEPER



View: Autism Up - April Calendar for Autism Awareness and Sensory Friendly events in the Rochester Area



Attend: Autism Awareness Night with the Rochester Amerks



Register For: Best Buddies Walk (There is currently a Best Buddies Chapter at Cobbles!)



Read: Children's Books that Promote an Understanding of Autism.

