Understanding, embracing and celebrating different kinds of minds benefits everyone. Think about how these autistic strengths bring value to our families and communities.

**Attention to detail**
- Thoroughness
- Accuracy

**Deep focus**
- Concentration
- Freedom from distraction

**Observational skills**
- Listen, look, learn approach
- Fact finding

**Absorb and retain facts**
- Excellent long-term memory
- Superior recall

**Visual skills**
- Visual learning and recall
- Detail-focused

**Expertise**
- In-depth knowledge
- High level of skills

**Methodical approach**
- Analytical
- Spotting patterns, repetition

**Novel approaches**
- Unique thought processes
- Innovative solutions

**Creativity**
- Distinctive imagination
- Expression of ideas

**Tenacity and resilience**
- Determination
- Challenge opinions

**Accepting of difference**
- Less likely to judge others
- May question norms

**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.

Adapted from work of Harriet Cannon, Disability Services University of Leeds 2018.