



autism
tasmania

Autism Strengths

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.

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