



**Autism Tasmania is the peak independent voice for the Tasmanian autism community.**

## Our vision

*Optimal outcomes for all autistic Tasmanians.*

## Our mission

To work with, and for, the Tasmanian autism community to:

- » Create the right conditions for autistic Tasmanians to achieve.
- » Grow community knowledge about autism and how to make a difference.

We are a community-based, not-for-profit, registered charity and incorporated association.

*Our logo symbolises the rare native Tasmania orchid (Theylmitra or sun orchid). This fascinating plant is a significant part of the flora of Tasmania. Its flowers are blue, pink, or yellow. This logo inspires our mission. Just like the autism community, this extraordinary plant blooms "only when the conditions are right!"*

### Membership

Autism Tasmania membership connects you to the autism community and the services and supports that make a difference.



Membership categories include:

- » Autistic Tasmanians and their immediate families (free)
- » Service providers (small annual fee)
- » Business Partners and Supporters (small annual fee)

### Donations

Your donation helps us to deliver our mission.



### Statewide Service Locations

South (Head Office)	North	North West
Level 2, 168 Collins St, Hobart	39 Tamar St, Launceston	9 King St, Burnie

### Statewide Contact Details

(03) 6722 5000

autism@autismtas.org.au

Level 2, 168 Collins St, Hobart, TAS, 7000

[www.autismtas.org.au](http://www.autismtas.org.au)

AutismTasmania



# How we make a difference



# What is autism?

Autism occurs when the brain develops differently. It affects the way people experience and interact with the world.

Given the extraordinary complexity of the brain it is easy to appreciate the range of both positive and negative impacts of Autism. Autism is one of a number of conditions that contributes to neurodiversity.

Autism affects the way people sense, communicate, behave, and interact with the world. It is talked about as a spectrum disorder. People experience their autism to different degrees, meaning that everyone on the autism spectrum is unique!

There are however some common autistic traits. Signs of these traits that others may see include:

- » different communication behaviours such as not making eye contact, unusual speech patterns or being non-verbal
- » not responding to the behaviour, emotions and non-literal language of others in an expected way
- » strong preference for structure and routine
- » intense focus on areas of interest
- » repetitive noises or movements (known as stimming)
- » sensory hypersensitivities to certain sounds, smells, touch, taste, movement or visual stimuli.

All, some, or none of these traits may be obvious to others or only noticeable in difficult setting. Some people on the autism spectrum make a lot of effort to hide their autistic traits

Just like every person, each autistic person has their own unique strengths, interests, potential and needs.

Although autism is complicated, the good news is that understanding and access to expert supports improves outcomes.

Visit our website to learn more about autism and the simple adjustments that make a real difference.

[www.autismtas.org.au](http://www.autismtas.org.au)

## Our services

We co-design and deliver person-centred, tailored, individual and group services.



### Autism advice and service connections

- » Expert advisers guide people through:
  - connection with local services, therapists, supports and our mainstream and community networks
  - the process and experiences of autism assessments
  - the NDIS application and processes
  - access to national resources through our national partner—Amaze Autism Connect.



### NDIS support coordination

- » Support Coordinators help autistic NDIS participants maximise choice and control and get the best outcomes from their NDIS plan.



### Learning and development

- » Customised workshops for families, carers, service providers, community and mainstream organisations grow knowledge and confidence.



### Peer networks

- » Peer-led support groups and social events across Tasmania foster ongoing connection for parents, children, and adults.
- » Facebook networking and discussion groups.



### Representing members

- » Systemic advocacy to ensure that the voice of the autistic community is heard and improvements are made.



### Member library

- » Comprehensive autism-specific reading and viewing collection available for loan.

## Resources and supports

We ensure evidence-based information and guidance are readily available.



### Life stages and transitions

- » Latest information on a range of autism-specific topics.



### Education

- » For students, parents, teachers, and policy makers at all stages of life.



### Employment

- » For businesses and government employers and employees.



### Sharing stories

- » Inspiring stories from the autistic community about their lived experiences and achievements.



### Australian and international links

- » Links to Australian government service organisations and the international autism community.



### Research and practice

- » Links to participate in emerging scientific research and best practice guidelines.



### Our partners

- » Introducing our Business Partners and Supporters who share our vision and help our members.



### Community awareness

- » Promoting awareness of autism and the simple adjustments that make a difference.