

Autism Awareness Month: Some facts about ASD



Autism, or autism spectrum disorder (ASD), is a developmental condition that has many variations. People with ASD may struggle with cognitive and behavioral challenges, social and communication problems and mental health issues.

They can be severely challenged and need ongoing support. Or they may be highly functional and independent. Or somewhere in between. ASD is viewed as a spectrum disorder for just these reasons. No two people with ASD are exactly alike. They can differ greatly in their symptoms, challenges and strengths.

Signs someone could have ASD

Here are some of the most common symptoms seen by age 2 or 3:

- Delayed speech
- Loss of social or language skills
- Avoiding eye contact
- Difficulty connecting with others
- Repeating of words or phrases
- Persistent behaviors like rocking, flapping or spinning
- Intense reactions to sounds, lights or changes in routine

Many children who don't have ASD may still have one or more of these signs. To get an accurate diagnosis, your child needs to see a doctor.

Early detection is a plus¹

While many parents are scared to think their child may have a problem, they may be holding the child back by keeping their fears secret. Why? Early diagnosis can lead to more options for treatment, improved outcomes and a more satisfying life.

Want to learn more about ASD? Talk to your doctor or pediatrician or [visit the Autism Speaks website](#).

¹[What is autism?](#) Autism Speaks. Accessed March 2019.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. This material is for informational purposes only. It contains only a partial, general description of programs and services and does not constitute a contract. Information is not a substitute for professional health care and is not meant to replace the advice of health care professionals. Contact a health care professional with any questions or concerns about specific health care needs. Information is believed to be accurate as of the production date; however, it is subject to change.