



10 Things You May Not Know about Autistic Adults

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1. They exist. Autism is not just for kids. They grow up and become autistic adults.
2. Our sensory sensitivity varies depending on stress levels, and our sensory profile is unique to us: under-sensitive in some areas, oversensitive in others, sensory seeking in yet others.
3. Our natural autistic communication skills work excellently with other autistic people, but don't work well with neurotypical people. This doesn't mean our communication skills are poor or deficient – they're simply different.
4. We might have issues with interoception – not knowing when we're hungry, thirsty, tired, etc. until too late.
5. We are monotopic, which means our brains naturally focus on one thing at a time, in great depth, and in a state of flow. This can make task switching a little harder, but also means we can learn and complete tasks very efficiently when left to it.
6. We value autonomy enormously, thanks to a lifetime of not having had it. We need to be able to manage our own environment and tasks for the reasons given above.
7. We might have alexithymia, which can make it difficult to identify, display and manage our emotional state – I know I feel bad, but what kind of bad?
8. We don't tend to value small talk or eye contact, so meeting us for the first time may feel different. We're not being rude; it's just not something we can do.
9. We are probably traumatised by a lifetime of horrible experiences. Autistic people are bullied, ostracised and belittled all the time; and the trauma adds up.
10. There are many more of us than you might think, of every demographic, all over the world.