CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Autism spectrum disorder (ASD)

Persistent differences in communication and social interaction, along with intense interests, repetitive behaviors or sensory sensitivity. It's a spectrum: each person needs different supports, and many adults are diagnosed late.

COMMON SIGNS

- Difficulty reading unspoken social cues
- Need for routine and very intense interests
- Over- or under-sensitivity to noise, light or textures

TIPS FOR YOU

1. A specialist assessment helps you understand yourself and ask for adjustments
2. Respect and plan your sensory rest times
3. Use visual schedules and prepare for changes in advance

FOR FAMILY AND FRIENDS

1. Respect their rest times and their need for routine
2. Communicate clearly and directly, without double meanings

WHEN TO ASK FOR HELP

1. If social exhaustion leads them to withdraw
2. If anxiety or depression appear

TO OBSERVE AND NOTE DOWN

☐ I find it hard to understand what others mean without saying it

☐ I prefer to always do things the same way

☐ Unexpected changes upset me a lot

☐ I have very intense interests in specific topics

☐ Noise, light or textures bother me more than others

☐ Social situations exhaust me

☐ I find it hard to keep up small talk

☐ I feel I have to copy others to fit in

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-del-espectro-autista-tea
- Full article: Autism in adults: clinicavivaldi.com/en/trastorno-autismo-adultos
- Autismo España (Spanish autism confederation): https://autismo.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112