Write down any questions you want to ask?

If you want further help and support contact;

**NHSCT**
www.northerntrust.hscni.net  Tel: 028 2563 3777

**Autism NI**
www.autismni.org  Tel: 028 9040 1729

**National Autistic Association**
www.autism.org.uk  Tel: 028 9068 7066

**Autism Network NI**
www.autismnetworkni.org.uk  Tel: 028 9261 1851

**Barnardo’s Young Carers Service**
www.barnardos.org  Tel: 028 7963 1344

**Family Support Database**
www.familysupportni.gov.uk  Tel: 08456006483

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**TOP TIPS FOR ME**

NAME: ________________________________
Autism Spectrum Disorder (ASD) affects a person’s social skills, their communication, interests and behaviour.

Children and Young People with ASD may have differences in:

- Knowing what to do when they are with other people.
- Knowing what to say to others and understanding what others are saying to them.
- Putting themselves in someone else’s shoes, and understanding when things are not real.
- Senses; touch, smell, taste, sight, balance and co-ordination may be different.
- Their brain works differently, they are good at some skills but may need support in other areas.

- ASD is not anyone’s fault, it happens before someone is born.
- You cannot ‘catch’ ASD.
- 2 in every 100 school aged children in Northern Ireland have ASD.
- People with ASD are good at many different things.
- ASD has many names including Autism, Autism Spectrum Disorder, Asperger's Syndrome.

Helping your Brother/Sister with ASD

Things that you can do that will help your brother or sister that has ASD:

- Call your brother / sister by their name when trying to get their attention.
- Speak slowly and clearly and use eye contact.
- Do one thing at a time and wait 10 seconds for a response.
- Use pictures to describe what you are going to be doing.

You brother/sister may be treated differently to you and you may feel ‘its not fair.’ Here are some Top Tips that might help:

- Talk about how you are feeling with your parents, family members, teachers or your friends.
- Get involved in activities/hobbies that you enjoy.
- Have some time on your own each day when you can relax and unwind.
- Ask your parents for some time each week that you can do something together.
- Discuss house rules/family contract with your parents and siblings.