

# About Autism

"If you have met one person with autism, you have met one person with autism."

- Dr Stephen Shore

1 in 50 Canadian children and youth are diagnosed with autism. <sup>1</sup>



Autism exists in all cultures, ethnicities, races, gender identities, and socioeconomic statuses.



Autism affects how a person communicates, which may include speaking, using pictures, or using technology to interact with others.



Autistic people have varying and complex needs from 24-hour care to simply needing clearer communication and a little longer to do things. <sup>2</sup>

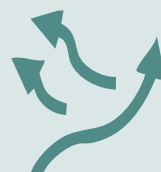
Autism is a type of neurodiversity. This means that an autistic person's brain may process information differently than non-autistic or neurotypical people.



Autistic people may have differences in how they process sensations like sound, taste, light, touch, pain, smell, and more.



Autism is experienced and expressed in various ways, and the support needed can vary depending on the context.



Every autistic person is unique, with support needs that can range from occasional help to full-time care.

It's best to ask the person how they like to be identified. They might prefer person-first language (person with autism) or they might prefer identity first language (autistic person).



Although it is diagnosed as autism spectrum disorder, many people prefer the term "difference" when describing autism, as it aims to remove negative stigma.



## References

1. Public Health Agency of Canada. (2022). Autism spectrum disorder: Highlights from the 2019 Canadian health survey on children and youth. Public Health Agency of Canada. <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/autism-spectrum-disorder-canadian-health-survey-children-youth-2019.html>

2. The National Autistic Society. (2025). What is autism? <https://www.autism.org.uk/advice-and-guidance/what-is-autism>