

Signs of Autism in Adults



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SOCIAL INTERACTION



- Difficulty understanding or responding to **social cues** (e.g., body language, tone of voice)
- Challenges with initiating and maintaining **conversations**
- Avoids or finds **eye contact uncomfortable**
- Struggles with **social reciprocity** and appropriate responses in interactions

COMMUNICATION



- Tendency to **interpret language literally**; struggles with sarcasm, metaphors, or abstract language
- Difficulty with **conversational norms** such as turn-taking and small talk
- Challenges in **understanding implied meanings** or indirect messages

EXECUTIVE FUNCTIONING



- Difficulty with planning, organizing, and **managing time**
- Challenges with **multi-tasking** or switching between tasks
- Problems with **task completion** or following through on plans

EMOTIONAL | COGNITIVE PROCESSING



- **Difficulty managing** and expressing **emotions** in typical ways
- Challenges with understanding and relating to others' **emotional experiences**
- Preference for concrete information and **difficulty with abstract thinking**

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SENSORY SENSITIVITIES



- **Over-sensitivity** to sensory stimuli (e.g., lights, sounds, textures)
- **Under-sensitivity** to sensory stimuli, seeking out intense sensory experiences



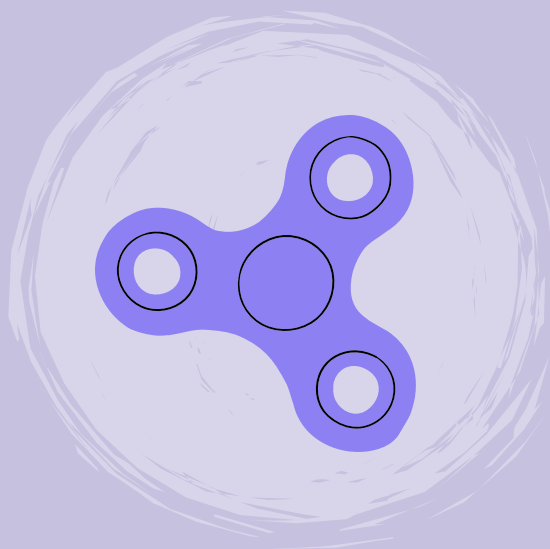
REPETITIVE BEHAVIORS AND INTERESTS



- **Repetitive** movements or behaviors (e.g., hand-flapping, rocking)
- Strong preference for **routines** and rituals; discomfort with changes
- Intense **focus** on specific interests or hobbies, often to the exclusion of other activities



UNUSUAL INTERESTS OR BEHAVIORS



- **Intense focus** on specific subjects or hobbies that may seem unusual
- Engagement in **specific rituals or routines** that appear excessive or peculiar



NEED FOR STRUCTURE



- Strong need for a **structured environment** and **predictable routines**
- **Anxiety or stress** related to disruptions in routine or **unexpected changes**