

Autism: facts and myths



Autism is an accompanying neurobiological disorder that affects brain development in the social, communication and behavioral areas. People with autism may have difficulties with communication, both verbal and non-verbal, may have limited interests and engage in repetitive behaviors.

Autism manifests itself in varying degrees of severity, which is why it is referred to as autism spectrum disorder.

This means that autism affects each person differently. People diagnosed with autism spectrum disorder have very different intensities of behaviors and features resulting from autism.

Fakty i mity

1

Myth: People with autism are incapable of empathy and social relationships.

False: This is one of the most common myths about autism. People with autism may have difficulty understanding and expressing emotions and establishing typical social relationships, but this does not mean that they lack empathy. In fact, many people with autism have strong feelings of empathy and caring, although they may express them in different ways than neurotypical people. Understanding these differences can help you build more understanding and supportive relationships.

2

Myth: People with autism have extraordinary intellectual abilities in other areas.

False: While some people with autism may have unusual abilities in certain areas, such as math, art, or memory, this is not common to all people with autism. This is a myth that may lead to incorrect understanding and expectations towards people with autism, as well as downplaying the difficulties they may face in other areas of everyday life. Each person with autism is an individual with their own strengths and weaknesses.

3

Myth: Autism can be cured or completely eliminated.

False: Autism is a neurobiological disorder that has a genetic basis and affects brain development. There is no effective medication or therapy that can completely eliminate autism. Moreover, autism is not a disease that can be "cured." It is part of a person's identity and influences the way they think, perceive the world and interact socially.

However, there are therapies and interventions that can help people with autism develop social, communication and adaptive skills, which in turn can improve their quality of life and functioning in society. It is important that society accepts the diversity of people with autism and provides them with appropriate support and understanding, rather than trying to "cure" them of their natural identity.

The spread of these myths may lead to incorrect perception and treatment of people with autism, which is why it is important to combat false beliefs through education and reliable information about this disorder.

As statistics show, in the 1980s autism was diagnosed in one child in 2,000, and currently in one in 100 children. There are approximately 5 million people on the autism spectrum in the European Union (0.6% of the population).

Are you looking for help? Remember that HearMe is here for you and our team of specialists is ready to give you the help you need.

