



Brain Club® Digital Resource Library
PLAIN TEXT SUMMARY

“What You Wish People Knew About Autism”

Autistic brains have differences in the way they take in information, process, think, move, and communicate. Autistic brains have many strengths, and have challenges when their access needs are not met.

Many Autistic people don't find out they are Autistic until they are teens or adults. People can discover they are Autistic at any age.

Sometimes, Autistic people learn about their brain during Autistic burnout. Many doctors do not understand Autistic people well. Many doctors only notice that people are Autistic when they are having a hard time. Autistic burnout happens when someone doesn't get the support they need for their brain. Rest, support, and understanding can help.

When Autistic people learn how their brain works, it can help them understand themselves better. It can also help them ask for what they need. Autistic people can learn what they need to feel safe and supported.

Key terms:

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| Access needs | <p>What anyone needs for full and meaningful participation</p> <p>Some examples of access needs are:</p> <ul style="list-style-type: none">● Using a wheelchair● Needing a quiet space● Needing time to think before responding● Typing to communicate● Using special tools or technology● Being around people who are kind and understanding |
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| Autistic burnout | <p>What happens when Autistic people do not have their needs met for a long time.</p> <p>During Autistic Burnout, an Autistic person may:</p> <ul style="list-style-type: none">• Feel exhausted• Feel extra sensitive to lights, sounds, or smells• Lose skills and have a harder time doing tasks |
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For more information, visit <https://allbrainsbelong.org/brain-club>