

Asperger Syndrome

Key Facts Summary

What is Asperger Syndrome?

Asperger syndrome is part of the autistic spectrum. This means that someone has difficulties in the areas of social interaction, communication and imagination. It is not always possible to tell that someone has Asperger syndrome just by looking at them so it is sometimes referred to as a 'Hidden Disability'. It is a life-long condition, more commonly in men than women. People with Asperger syndrome are of average or above average intelligence and communicate verbally. Asperger syndrome is a life-long condition. It is diagnosed in childhood but for some it is often not diagnosed until adulthood.

How does it affect people?

Although everyone who has Asperger syndrome will experience this differently. They all experience difficulties in the areas of communication, social interaction and the imagination. They often experience isolation, depression, anxiety and low self-esteem due to the difficulties they experience in every-day life. They may have learning difficulties such as dyslexia. They may also experience mental health problems, such as anxiety or depression.

Some key areas which people who have Asperger syndrome may struggle with are:

- Understanding metaphors, irony, sarcasm and jokes, they may take things literally and not be able to interpret intonation in speech.
- Becoming fixated on particular topics or objects and be unable to move on from these.
- Thinking in abstract or hypothetical terms.
- Expressing emotion, empathy, sensitivity or tact.
- Coping with changes to routines or adapting to last minute changes.
- Making and maintaining friendships.
- Social situations.

Some key areas people with Asperger syndrome may be particularly skilled at:

- They can have good language skills.
- They can have very high IQs.
- They may be very good at one particular subject or skill such as I.T. or maths.
- They may be very good at learning information.
- They may be good at concentrating on one activity.

Where can I go for more information?

Aspergers Syndrome Foundation

Finsbury Square Charity Centre
Royal London House, Suite 5A,
1st Floor, 22-25 Finsbury Square
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National Autistic Society

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foundation for
people with
learning disabilities