Autism: the positives

Understanding, embracing and celebrating different ways of thinking and doing can release the true power of the autistic mind. Here we look at the positive features of autism.

Attention to detail
• Thoroughness
• Accuracy

Deep focus
• Concentration
• Freedom from distraction

Observational skills
• Listen, look, learn approach
• Fact finding

Absorb and retain facts
• Excellent long term memory
• Superior recall

Visual skills
• Visual learning and recall
• Detail-focussed

Expertise
• In-depth knowledge
• High level of skills

Methodical approach
• Analytical
• Spotting patterns, repetition

Novel approaches
• Unique thought processes
• Innovative solutions

Creativity
• Distinctive imagination
• Expression of ideas

Absorb and retain facts
• Excellent long term memory
• Superior recall

Tenacity and resilience
• Determination
• Challenge opinions

Accepting of difference
• Less likely to judge others
• May question norms

Integrity
• Honesty, loyalty
• Commitment

Remember

Every experience of autism is unique. No one person will identify with every positive feature of autism. We all have individual skills, attributes and characteristics that are as unique as our personalities – this is the power of neurodiversity.

Harriet Cannon
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