

Local Resources

Autisme Estrie

Autisme Estrie is a non-profit organization offering services to families and individuals with autism.

- 📍 2350 rue de Rouville, Sherbrooke, QC
- ☎ 819-822-3918
- ✉ reception@autisme-estrie.com
- 🌐 www.autisme-estrie.com

Local CLSC

If you need assistance and support, you can communicate with your local CLSC as there are professionals that can help you.

- Coaticook: 819-849-9102
- Memphrémagog: 819-843-2572
- Granit: 819-583-2572
- Val-Saint-François: 819-542-2777
- Haut-Saint-François: 819-821-4000
- Sherbrooke: 819-780-2222
- Haute-Yamaska: 450-375-8000
- La Pommeraie: 450-266-4342
- Des Sources: 819-879-7158

Autism Spectrum Disorder Toolkit

An Autism Spectrum Disorder Toolkit is also available for additional information and resources on autism. For more information or to receive the toolkit, please contact Townshippers' Association.

Disclaimer:

This brochure presents general information on autism spectrum disorder. The information presented does not include all of the literature and research available on the subject. If you are concerned that you or a loved one has autism, please speak with your health professional.

Have Questions? Reach out to us!



Sherbrooke Office:

- 📍 3355 College Street, Sherbrooke, Qc
- ☎ 819-566-5717

Knowlton Office:

- 📍 584 Knowlton Rd, Knowlton, Qc
- ☎ 450-242-4421

- ✉ ta@townshippers.org
- 🌐 www.townshippers.org

You can also follow us on Social Media:



Autism Spectrum Disorder



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What is Autism?

Autism Spectrum Disorder (ASD) is a neurodevelopmental condition that affects language, communication skills, and social interactions. It is a complex life-long condition.

Every autistic person has a unique combination of characteristics. The range of characteristics can fall anywhere on the spectrum, and can vary depending on the levels of autonomy and needs of each individual.

According to Health Canada, it is estimated that 1 in 50 children and youth aged between 1 and 17 have been diagnosed with Autism Spectrum Disorder in Canada.

Causes of autism have not yet been identified with certainty. Genetic and environmental causes are most likely.

- Fédération Québécoise de l'Autisme

Characteristics of Autism

There are many characteristics that can manifest in an autistic person, at any age. Please note that the following is not an exhaustive list.

Signs and symptoms can vary between girls and boys/women and men. It may be harder see the signs if you are a woman.

-Autism Canada

Characteristics of autism in **children** may include:

- not responding to their name
- having a narrow range of interests
- avoiding eye contact
- getting agitated if they don't like a certain taste, smell, or sound
- having repetitive movement such as flapping their hands, flicking their fingers, or rocking their body
- having very few social interactions with other children
- using repetitive language
- being heavily dependent on routine
- having sensory issues and executive functioning difficulties
- lack of awareness

Characteristics of autism in **adults** may include:

- feeling very anxious about social interactions
- seeming blunt, rude or uninterested in others without meaning to
- not understanding sarcasm
- heavily dependent on routine
- having specific interests in certain subjects or activities
- noticing small details, patterns, smells, or sounds that others do not

Co-occurring Conditions

According to Health Canada, it is common for other conditions to co-exist alongside ASD. These co-occurring conditions can be separated into two separate categories: **Physical** and **Mental Health**.

Physical Health conditions may include:

- Epilepsy
- Sleep disorders
- Digestive issues
- Uncommon responses to pain
- Metabolism issues

Mental Health conditions may include:

- Anxiety
- Depression
- Obsessive Compulsive Disorder (OCD)
- Attention Deficit Hyperactivity Disorder (ADHD)

Helpful Supports

There are some complementary supports that are there to help autistic individuals. These can include:

- **Occupational Therapy**, which can help support and develop everyday skills, such as getting dressed or eating independently.
- **Speech and Language Therapy** can help verbal and non-verbal communication skills, such as asking for help or having a conversation with someone.
- **Behavioural Therapy** can be done in a group setting or individually with a therapist. It can provide support with many different skills, such as learning social skills, recognizing emotions, or even preparing for school or work.

