



Strategies and Resources: Strengths That Our Autism Can Bring

Please note that for people who don't feel like these strengths apply, it can lead to the feeling of "not only being a failed NT, but also a failed autistic person."

- **Direct communication** - many autistic people tend to say what they mean and mean what they say. No hidden agendas or covert meaning. This directness can on occasion lead to misunderstandings but overall, it is a positive characteristic showing honesty and integrity.
- **Independent thinkers** - autistic people are often the ones to speak up and state what is important regardless of office politics or social niceties.
- **Logical thinkers** - this can be helpful when considering making decisions. Being able to consider the pros and cons of something logically can cut through to the heart of an issue saving time and resources.
- **Honesty and punctuality** - many autistic people are strict when it comes to following rules and will go on to fight injustices that they see. Equally, many autistic people are consistently punctual or early for things. This means reliability and a person to be trusted.
- **Excellent memory** - some autistic people can remember facts, figures, information, or events in incredible detail.
- **Extensive knowledge of special interests and intensive focus concerning special interests** - the term special interest can conjure up a

stereotypical one-dimensional view of an autistic person.

However, incredible focus and drive when working on a subject of genuine interest or passion can flourish in many autistic people. This can lead to high levels of productivity and an ability to retain knowledge on this subject.

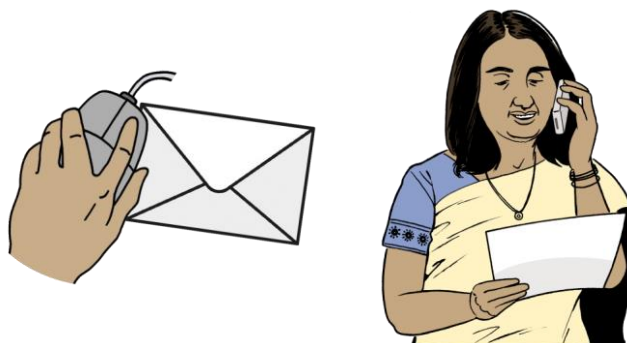
- **Detail oriented** - spotting the things neurotypicals miss.
- **Strong visual channel** - some autistic people have amazing visual thinking. Figuring this out and realising it is the best way you learn means you can apply it to work tasks and gain knowledge and information efficiently.
- **Non-judgemental listening** - although taking people at face value and believing everyone to be honest can make a person vulnerable, the flip side to this is that many autistic people have genuine interest and concern for others. To be truly accepting of another person and their situation as they are experiencing it, is not something that comes naturally to a lot of people. Many autistic people are massively empathic, often to the point of being exhausted and overwhelmed by what they feel from someone else.
- **Hyperlexia** - the ability to decode written language at an early age sometimes before speaking.

Useful links:

Harriet Cannon from the University of Leeds has produced an infographic about the positives of autism: <https://twitter.com/HarrietCannon/status/1013102484414451712>

Contact Us

This guide was produced by **Leeds Autism AIM**, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds area.



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