

## **Asperger Syndrome – autism spectrum disorders**

Autism spectrum disorders (ASD) are developmental conditions that affect the way individuals communicate, interact with others and make sense of the world around them.

Children and adults with ASD may also have strengths in areas such as logical thinking and attention to detail and great expertise in areas they feel passionate about.

They may have difficulty making or keeping friends, understanding other people's emotions and their own and with the to-and-fro of conversation. Children with ASD may not play imaginatively with toys in the same way as other children and both children and adults like routine, finding it hard to think and behave flexibly.

ASD is relatively common and is found in more than 1% of the population. It is diagnosed more often in males than females.

Some people with ASD have additional problems such as learning difficulties or sensory processing problems.

The causes of ASD are not well understood however, there is agreement that genetic factors are important and environmental factors that occur during pregnancy or the birth may also play a role.

## **Websites, books and Apps**

### **Websites:**

- **National Autistic Society:** [www.autism.org.uk](http://www.autism.org.uk)  
This national organisation provides support, information and services to individuals with ASD, their families and professionals.
- **Berkshire Autistic Society:** <http://www.autismberkshire.org.uk/>  
Local organisation offering a wide variety of courses, events, and social groups, including those for people with ASD
- **University students with Asperger syndrome:** [www.users.dircon.co.uk/~cns/](http://www.users.dircon.co.uk/~cns/)
- **Centre for Autism:** [www.reading.ac.uk/autism](http://www.reading.ac.uk/autism)

### **Books:**

**Mark Segar:** *Coping: a Survival Guide for People on the autistic spectrum. The experiences of a university student with AS*

[http://en.wikibooks.org/wiki/A\\_survival\\_guide\\_for\\_people\\_on\\_the\\_autistic\\_spectrum](http://en.wikibooks.org/wiki/A_survival_guide_for_people_on_the_autistic_spectrum)

**Attwood, T** (2007) *The Complete Guide to Asperger Syndrome*. Jessica Kingsley Publishers

**Attwood, T, et al** (2014). *Been There. Done That. Try This! An Aspie's Guide to Life on Earth*. Jessica Kingsley Publishers.

Articles **Asperger Syndrome – autism spectrum disorders**

**Jamieson, J. & Jamieson, C.** (2004). *Managing Asperger Syndrome at college and University*. London: David Fulton Publishers.

**Martin, R** (2011). *Top tips for Asperger students: how to get the most out of University and college*. Jessica Kingsley Publishers

**Apps:**

<http://www.topuniversities.com/blog/most-helpful-apps-students>

<http://www.telegraph.co.uk/education/universityeducation/student-life/11843317/The-best-apps-for-student-life.html>

Link to <http://blogs.reading.ac.uk/centre-for-autism/>