

# AUTISM FACT SHEET

## Q | What Is Autism?

Autism spectrum disorder (ASD) is a neurodevelopmental condition that affects how a person communicates, interacts with others, and experiences the world. The term "spectrum" reflects the fact that every individual with ASD has their own combination of strengths, challenges, and support needs.

### PAY ATTENTION TO THE SIGNS

Signs of autism often appear in early childhood (as young as 12-24 months), though they can vary widely.

### COMMON SIGNS MAY INCLUDE:

Limited eye contact or difficulty with social interaction



Strong interest in specific topics or routines



Delayed speech or language development

Repetitive behaviors or movements



Sensory sensitivities (to sounds, textures, lights, or smells)



### AUTISM FACTS YOU SHOULD KNOW

Approximately **1 in 31** children

in the United States is diagnosed with autism (CDC).

Boys are diagnosed about

# 4

**TIMES** more often than girls.



Autism occurs in all racial, ethnic, and socioeconomic groups.



**40%** of children with autism are nonverbal.

Early identification can significantly improve developmental outcomes.



### EFFECTIVE THERAPIES TO ADDRESS AUTISM

Speech therapy

Occupational therapy

Behavioral therapy such as Applied Behavior Analysis (ABA)

Social skills training

### HOW ABA THERAPY HELPS

Applied Behavior Analysis (ABA) is a research-based therapy that helps children with autism build important life skills.

ABA therapy helps children build skills such as:

Communication and language skills

Redirecting challenging behaviors

Social and play skills

Independence in daily activities

Programs are personalized to each child's needs, helping them reach their full potential.

### CONCERNED ABOUT YOUR CHILD'S DEVELOPMENT?

Early screening and support can make a meaningful difference.

Our team provides:

- ✓ Comprehensive autism diagnostic evaluations
- ✓ Family guidance and support
- ✓ Personalized ABA therapy programs

Contact us to learn more at (855) 957-1892 or at [www.ABAcentersVA.com](http://www.ABAcentersVA.com)

