

## about sail autism

Our mission is to end isolation and increase understanding for all people affected by ASD.

- We believe autism is a valued and unique part of a person's identity.
- We believe everyone should have the same opportunities.
- We believe in creating support and social opportunities with environments where people affected by autism can flourish.

We will work to ensure everyone with autism is recognised, understood and accepted for who they are.

[sail autism](#) was founded in August 2016 to support individuals and families affected by autism, as well as services and professionals working in the autism field.

With over 15 years of experience, our trustees have assisted hundreds of families with practical advice, signposting and events for everyone to take part in.

[sail autism](#) is managed by a small team of volunteers. Some have a family member with an ASD; some have an interest in ASD. The more people involved, the more we can achieve.

Please make contact if you would like to help.

## about our social groups

[sail autism](#) currently runs three social groups for teenagers and young adults. These run at ARCH, Reid Street, Hamilton, ML3 0RG.

[sail teen crew](#) meets on a Monday evening from 7pm—9pm and includes a range of activities tailored to encourage interaction.

This group is by application only. Details can be found on our website.

[sail crew](#) (for young adults) meets on a Wednesday evening, again at ARCH from 7:30pm—9pm and is a more informal, open group. Please feel free to pop along on the night.

We also have a [Dungeons & Dragons Club](#) on a Friday night from 7pm. Please make contact.

[ARCH](#) is a hub for autism services run by South Lanarkshire Council. [ARCH](#) is supported by a range of partners, including both statutory and voluntary services. Please call [0344 225 1111](tel:0344 225 1111) for information.

**sail autism**  
Supporting Autism In Lanarkshire

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A SCIO, number SC046814



Recognise. Understand. Accept.

## about autism

Autism Spectrum Disorder (ASD) is a lifelong developmental disorder that affects how a person relates to, and understands, the world around them. All age groups, genders and races are affected.

Being a spectrum condition, no individuals with an ASD are alike, with different series of issues within what is called “the triad of impairments”.

### social interaction

People with an ASD find it difficult to relate to others. Making and maintaining friendships is not easy.

Often children will play by themselves, and seek the company of older children or adults. Adults are described as “loners” and come across as eccentric.

### communication

Subtle communication methods, such as body language, facial expressions and tone of voice are a puzzle. People with an ASD often take words and phrases at their literal meaning.

They may also talk incessantly about their special interest or answer a question with a seemingly unrelated answer.

## about autism

### flexibility of thought

In order to make sense of the world, people with an ASD like routine and make rules to make life easier.

This means they do not cope well with change. Life with autism requires an immense amount of pre-planning and forethought.

Things need to be “just so” to allow someone with ASD to tolerate the world around them daily. They often need rules, or make up their own to cope.

### other symptoms

People with ASD can also have issues with their senses. This can mean they are over or under sensitive to sound, light and touch.

For example, certain fabrics may be “sore” to the touch as can loud (or soft) noises to the ear.

Individuals may also self-stimulate (stimming) by flapping their hands and arms to calm themselves.



## about autism

### diagnosis

There is no medical test for autism. Diagnosis is done via a series of observations and interviews, depending on the age of the person.

For diagnosis of children, this may include conversations with parents, a teacher, a Speech & Language Therapist and/or a Paediatrician.

For an adult, this may include conversations with parents or a partner and the adult regarding developmental history and current behaviours. Adult diagnosis is usually carried out by a Psychiatrist.

### how many people have autism

Autism Network Scotland suggests that 1 in 88 people have an ASD. This means that there are around 7,400 people across Lanarkshire with an ASD.

1,700 (24%) of those are under 19 years of age and 5,700 (76%) are adults. Traditionally, it has been thought more boys are affected, but research is changing this belief.

A minority of these people will have a diagnosis.

There are no current official figures for the prevalence of ASD in Scotland.