

# WHAT IS AUTISM



Autism is a neurodevelopmental condition that affects cognitive, sensory, and social processing, changing the way people see the world and interact with others.

Every autistic person is unique, with a wide range of skills, qualities, interests, and personality styles. .



An autistic person may experience challenges with social communication and interaction.

They may have intense interests and a strong need for routines and predictability, and be hyper- or hypo-reactive to sensory input.



Autism and neurodivergence are a normal part of human variation, rather than deficient. Awareness, acceptance and support are key.

For further information, including where to find support, please visit [www.autismnz.org.nz](http://www.autismnz.org.nz)

**AUTISM**<sub>NZ</sub>  
Every step together