

# UNDERSTANDING MY AUTISM DIAGNOSIS

My doctor diagnosed me with autism.



This means my brain works in a unique way, and it's a part of who I am.



Many other people have autism too. I can meet others like me and learn from them.



Everyone with autism is different. Some things may be easy for me that are not easy for others with autism.



Autism gives me strengths, which could include noticing small details, thinking creatively, or being good at what I love.



Autism can bring challenges, which could include managing changes in routine or understanding feelings.



There are people who can help me with these challenges, like my teachers, doctors, therapists, and family members.



My autism is only one part of who I am. I am unique and valuable just the way I am.



Bringing autism resources together.



*Pennsylvania's leading source of autism-related resources and information*  
**877-231-4244**

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