

Cognition in Autism Spectrum Disorder

Information for Adult Clients/Families

Did you know?

- ASD is a "no fault" brain disorder
- Current estimate: 1 in 59 people are affected
- There is a broad range of functioning and abilities
- Cognitive difficulties occur in ASD, even in verbal adults without co-occurring intellectual disability.



What are common cognitive challenges in ASD?

- Slower processing of information
- Challenges in focusing on relevant information outside one's areas of interest
- Reduced working memory capacity
- Difficulty with problem solving, particularly in social situations
- Difficulty figuring out the main point in conversations, books and films

How does this affect me?

- Challenges in school
- Difficulty getting and/or keeping a job
- Difficulty communicating with people

What can be done to help?

We are raising awareness in order to identify individuals who may benefit from resources and innovative treatment approaches that help with cognition.



Pitt Center for Excellence
in Autism Research

This resource was created by The University of Pittsburgh's Center for Autism Excellence for ASERT



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The Autism Services, Education,
Resources and Training
Collaborative (ASERT) is a
statewide initiative funded by the
Bureau of Autism Services, PA
Department of Human Services.