

Terminology

Language has the power to include or exclude...

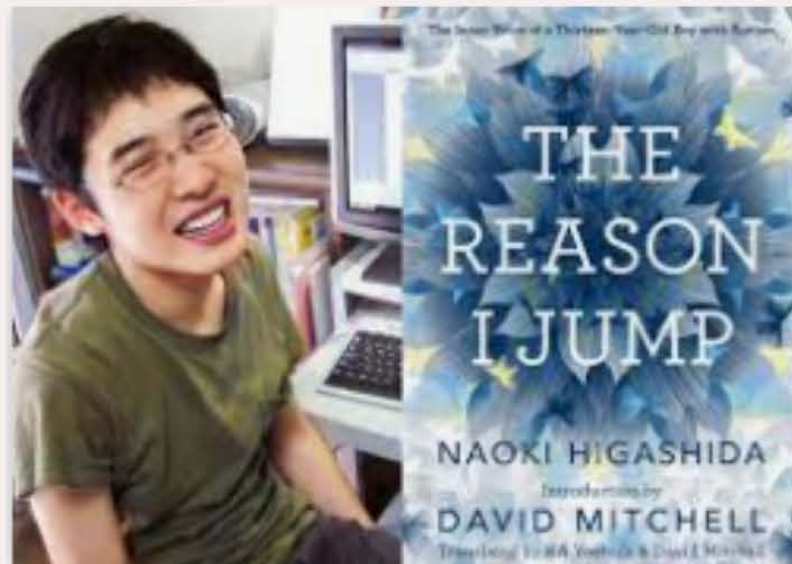
Research has found that these are the preferred language choices from the autistic community:

- **autism** rather than ASD (D=disorder)
- **identity-first language: autistic person** not person with autism
- **avoid** terms such as 'low-' and 'high-functioning'

Traditionally those who are given this label are non-verbal. Just because someone is unable to speak, it does not mean that they have nothing to say. Through communication aids, many individuals are able to share their thoughts.

Check out the book by 13 year old non-speaking Naoki Hagashida:

This has also been made into a film available on Amazon Prime:



Additionally, calling someone high-functioning can dismiss the challenges they face and block support.

If you have a certain topic you would like tips on, email rebecca.duffus@cognus.org.uk