

# Myth-busting Autism

Unraveling the complexities of Autism Spectrum Disorder (ASD) can be challenging, especially in a landscape filled with misconceptions. As awareness about ASD grows, so does the need to debunk myths that can perpetuate stereotypes and hinder a deeper understanding of this neurodevelopmental condition. Below are some of the most common myths and the truth behind them.

❗ **Myth:** People with autism cannot form relationships and bonds with others.

🔍 **Fact:** While sometimes it may be difficult for people with autism to navigate social relationships and understand social cues, with support they can increase their meaningful relationships with family, friends, spouses and peers.

❗ **Myth:** People with autism function alike.

🔍 **Fact:** Each individual with ASD is unique and has different strengths, challenges and support needs.

❗ **Myth:** A child cannot be diagnosed with ASD until later in childhood.

🔍 **Fact:** Although ASD can be diagnosed at any age, it can be detected at 18 months old or even earlier. That is why it is important for parents to recognize the signs of ASD, so they can seek help early.

❗ **Myth:** There is no 'best' time for autism to be diagnosed.

🔍 **Fact:** Gaining access to early intervention as early as possible will ensure children receive the support and services needed to reach their full potential.

❗ **Myth:** Everyone with autism needs treatment.

🔍 **Fact:** More and more, autism is thought of as a variant of typical development. It comes with unique strengths and challenges that may differ from those of neurotypical people. While some people with ASD benefit from treatment and ongoing support, many can do well without clinical or therapeutic support. It is not a condition that we treat to cure. Rather, we seek to teach skills and help the individual and the world around them adapt to each other so that the individual can live life as they choose.

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❗ **Myth:** Applied Behavior Analysis (ABA) is the only treatment for autism.

⬇️ **Fact:** There are several types of treatment options including behavioral, developmental, educational, social-relational, pharmacological and psychological. Some products or services, claiming to be cures or treatments for autism, are fake or can be harmful.

❗ **Myth:** ASD is a stand-alone condition and is not impacted by other health conditions.

⬇️ **Fact:** It is important to note that people with ASD are more likely to experience co-occurring conditions like sleep disturbances, feeding challenges, seizures, ADHD, anxiety, depression and obsessive-compulsive disorder (OCD).

## #AutismChampions

If you think you or your child may have autism, visit Lucet's Autism Resource Center ([LucetHealth.com/autism-resource-center](https://www.LucetHealth.com/autism-resource-center)) for helpful information about obtaining a diagnosis and treatment.