positive partnerships

Working together to support school-aged students on the autism spectrum

तथ्यपत्र

Nepali - What is Autism?

अटिजम के हो ?

अटिजम भनेको व्यक्तिको विकासमा हुने भिन्नता हो जसले उनीहरूले कसरी कुनै कुरा सिक्दछन् र अरूसँग तथा उनीहरूको परिवेशसँग कसरी अन्तरक्रिया गर्दछन् भन्ने कुरालाई असर गर्दछ।

अटिस्टिक (अटिजम भएका) व्यक्तिहरूमा केही समानताहरू हुनसक्ने भएतापनि उनीहरू सबै एक अर्काभन्दा भिन्न हुन्छन्, जसले गर्दा यसलाई 'अटिजम स्पेक्ट्रम' **(autism spectrum)** भनिन्छ।

अटिजम स्पेक्ट्रममा पर्ने केही युवाहरू धेरै आत्मनिर्भर छन् भने अरू चाहिँ घर, विद्यालय र समुदायमा प्राप्त हुने सहायताबाट लाभान्वित हुन्छन्।

स्पेक्ट्रममा पर्ने सबै व्यक्तिहरूको फरक-फरक क्षमता र रुचिहरू हुन्छ।

अटिस्टिक व्यक्तिहरूलाई निम्न कार्यहरूको लागि सहायताको आवश्यकता पर्नसक्छ:

- कुराकानी गर्न
- सामाजिक अन्तरक्रिया गर्न
- संवेदनाहरू प्रशोधन गर्न
- बौद्धिक कार्यहरू गर्न (योजना बनाउने र सिक्ने)
- आफ्नो हेरचाह गर्न र आत्मनिर्भर हुन

positivepartnerships.com.au मा जानुहोस्।

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कति जना मानिसहरू अटिस्टिक हुन्छन् र अटिजमको निदान कसरी गरिन्छ?

हालको अनुसन्धानले 100 जनाको समूहमा 1 वा 2 जना अटिस्टिक हुनसक्ने देखाएको छ। मानिसहरूमा जीवनको शुरूमा वा पछाडिको अवस्थामा यसको निदान हुन सक्छ।

केटा वा केटी, दुवै स्पेक्ट्रममा हुन सक्छन्, तर केटाहरूमा केटीहरूको तुलनामा **3** गुणा बढी यो देखा पर्नसक्ने सम्भावना छ किनकि हामीले अहिले केटाहरूमा अटिजम भएको बढी पाईरहेका छौं।

अनुसन्धानले वातावरणीय अवस्था र आनुवंशिक कारकतत्वहरूले व्यक्ति अटिस्टिक हुनुमा भूमिका खेल्ने संकेत गर्दछ।

आफ्नो बच्चालाई अटिजमको लागि जँचाउन, आफ्नो जनरल प्रयाक्टिशनर्स (जी.पी.) वा बालरोग विशेषज्ञसँग कुरा गर्नुहोस्। एउटा जाँच पूरा गर्न प्रायः दुई वा तीनजना पेशेवर स्वास्थ्यकर्मीहरूले तपाईंको बच्चालाई अवलोकन गर्नेछन् र उनीहरू तथा तपाईंको परिवारसँग कुरा गर्नेछन्।

अटिजम भएका व्यक्तिहरू संसारका प्रत्येक संस्कृति र समुदायमा हुन्छन्।

Fact Sheet

What is Autism?

Autism is a difference in a person's development that affects how they learn and interact with others and their surroundings.

Autistic people may have some similarities but they are all different to each other, which is why it is called the 'autism spectrum'.

Some young people on the autism spectrum are very independent, while others benefit from support at home, at school and in the community.

All people on the spectrum will have different strengths and interests.

Autistic people may need support with:

- **Communication**
- **Social interaction**
- **Sensory processing**
- **Executive functioning (planning and learning)**
- **Self-care and independence**

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How many people are autistic and how is autism diagnosed?

The current research suggests that within a group of 100 people, 1 or 2 of them will be autistic. People can be diagnosed early or later in life.

Both boys and girls can be on the spectrum, but boys are 3 times more likely than girls to be diagnosed as we currently recognise autism more in boys.

Research indicates that environmental conditions and genetic factors play a role in a person being autistic.

To have your child assessed for autism, talk to your General Practitioner (G.P.) or paediatrician. An assessment will often be completed by two or three health professionals observing your child and talking with them and your family.

Autistic people are part of every culture and community around the world.