



# Autism, ADHD, and SPD Explained

## What is it?

### AUTISM

A developmental disability that affects communication, behavior, and social skills.

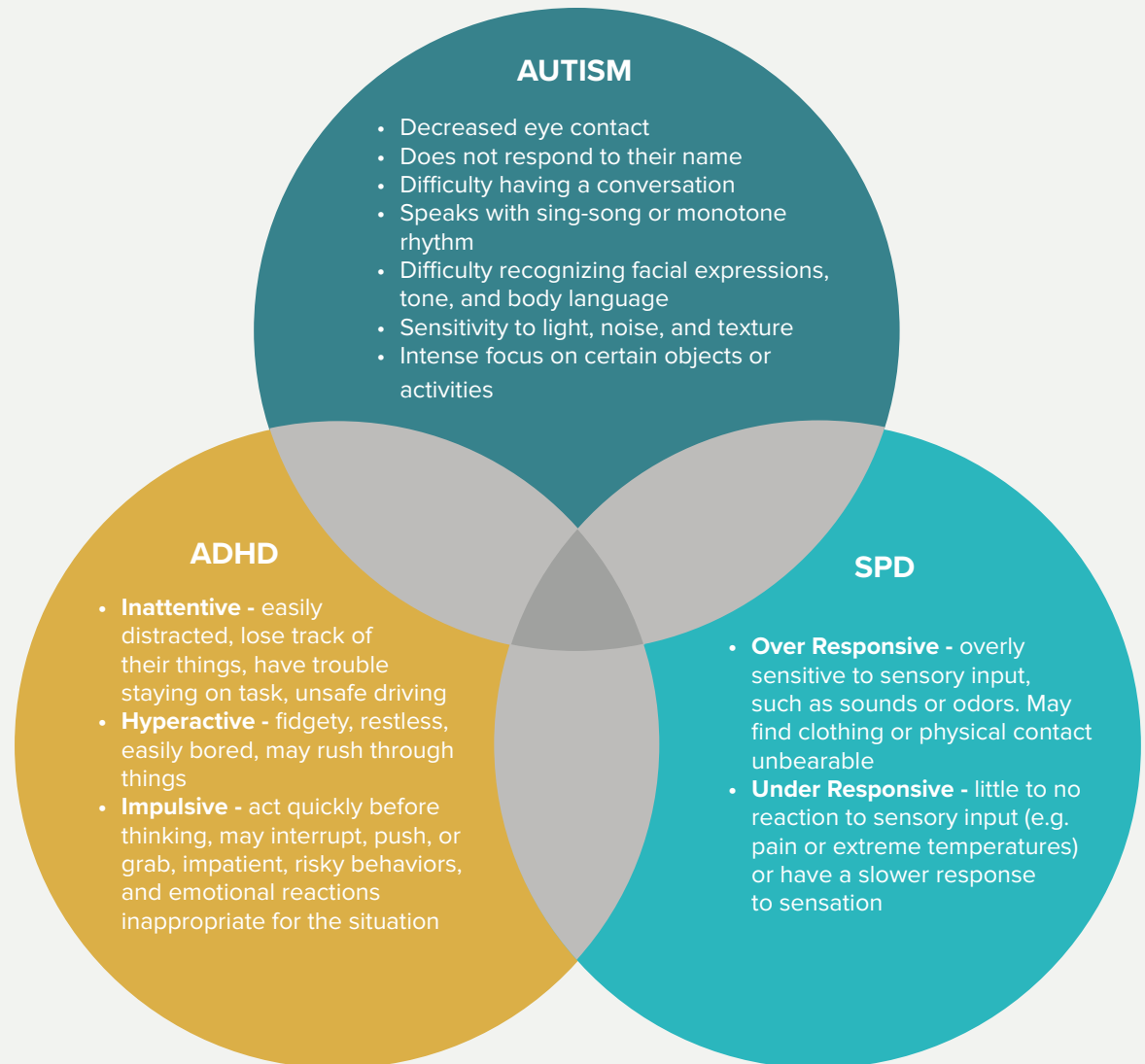
### ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

A difference in brain development and brain activity that affects attention, ability to sit still, self-control, and can affect a child's success in school and relationships. Average age of diagnosis is around 7 years old.

### SENSORY PROCESSING DISORDER (SPD)

A condition in which the brain has difficulty processing sensory information and responding appropriately to that information. These children typically have one or more senses that either over or under-react to stimulation.

## What to look for?





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## Similarities

### AUTISM

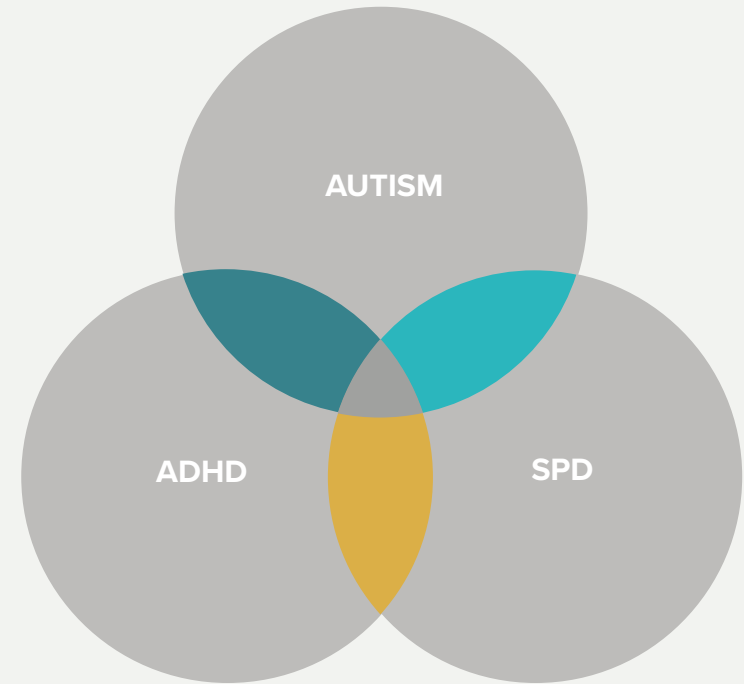
- Restless, unable to concentrate
- Frequent meltdowns
- Anxious and may act out in social settings
- Say they can't "shut off" their brain
- Impulsive, inappropriate touching of others, inappropriate and frequent movement, distractible, unaware when spoken to, difficulty following multi-step directions.

### ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

- Having one condition can increase chances of having symptoms of the other
  - **Ex:** kids with language difficulties are more likely to have reading disorders
- How symptoms can overlap:
  - Trouble paying attention (language difficulties can make it seem like kids aren't paying attention)
  - Trouble socially (eye contact and getting in people's space)

### SENSORY PROCESSING DISORDER (SPD)

- SPD more frequently occurs in those with autism Both can result in sensitivity to stimulation
  - **Ex:** Touch, textures, lights, noises, smell
- Both can involve misinterpretation of sensory signals



### RESOURCES

**SPD:** <https://sensoryhealth.org/>

**ADHD:** <https://chadd.org/>

**Autism:** <https://www.cdc.gov/ncbddd/autism/links.html>

**& Foster Village!**