

AUTISM AT ACU



# Restrictive interests

Many autistic people have intense and highly-focused interests. These may (or may not) relate to their study, work or community participation. Special interests provide a way to relax and de-stress, a sense of structure and order, and a way to start conversations.

## What you can do to help

- Don't make fun of or dismiss someone's interests.
- Allow the person to talk about what they are interested in (as well as what you are interested in), or help them use their interests to expand their horizons and communications.
- Don't limit access to their interests as a way of controlling their behaviour.

**Autism**  
**Awareness**  
**Acceptance**  
**Appreciation**