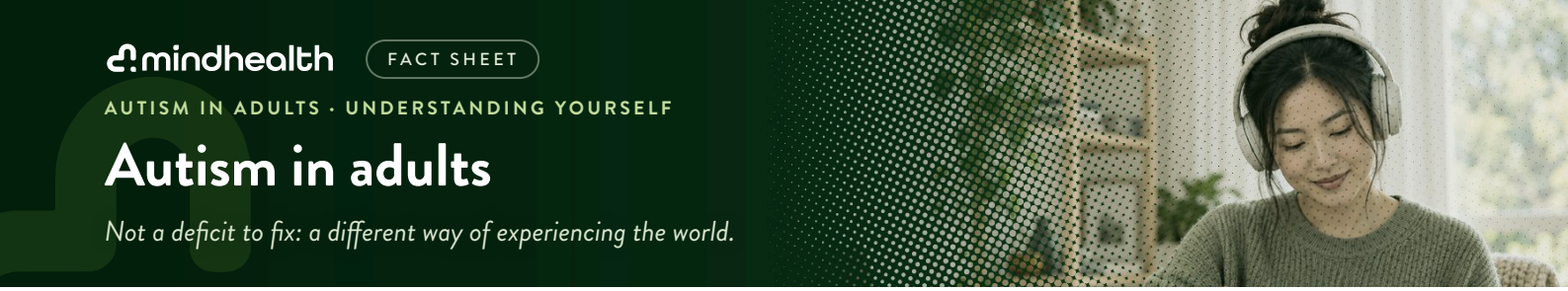
mindhealth FACT SHEET

AUTISM IN ADULTS · UNDERSTANDING YOURSELF

Autism in adults

Not a deficit to fix: a different way of experiencing the world.



A different wiring
Deep focus, honesty, pattern-spotting

The social world
Unwritten rules others just assume

Energy & sensory load
Noise, light and masking drain the tank

01 Recognised later than you'd think

Many autistic adults reach mid-life before it is recognised, especially those who learned early to "mask," copying social behaviour to fit in. Autism is a difference in how the brain processes social information, sensory input and change. It is not an illness or a measure of intelligence; it brings real strengths as well as genuine challenges, and understanding it can be a profound relief.

02 Masking, energy and burnout

Masking (suppressing natural responses to appear "normal") is exhausting, and running on empty can lead to autistic burnout: deep fatigue, overwhelm and a temporary loss of skills. The aim is not to mask better; it is to build a life that fits how you are wired: protecting energy, honouring sensory needs, and leaning on your strengths rather than fighting them.

03 What genuinely helps

- A formal assessment, for clarity and self-understanding
- Building routines and environments that fit you
- Protecting energy and planning real recovery time
- Honouring sensory needs instead of pushing through
- Affirming therapy: support, not "correction"

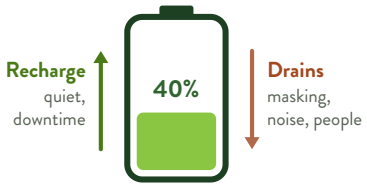
A PRACTICAL STORY

From masking and depleted to working with your wiring



YOUR ENERGY

Mind your battery



Masking and sensory load drain the tank; quiet and downtime recharge it. Plan recovery before empty.

PRACTICAL TOOLKIT

Protect your energy

1. Notice what drains and what restores you
2. Build recovery in before you hit empty
3. Let some masks drop in safe places

Rest is maintenance, not indulgence.

WHEN TO SEEK HELP

If you wonder whether you're autistic, or you're often overwhelmed or burnt out, an assessment and affirming support can help. Your GP can talk through assessment options, and a Mental Health Treatment Plan can help with the cost of seeing a psychologist for support.

DID YOU KNOW?

The word autism comes from the Greek autos, meaning self. Swiss psychiatrist Eugen Bleuler first used it in 1911.

Bleuler, 1911

THE KEY TAKEAWAY

Understanding how you're wired isn't a label to fear: it's the key to a life that finally fits.

Need support right now? Lifeline **13 11 14** · Emergency **000** — available 24/7. More options: **mindhealth.com.au/urgent-help**

TALK TO US WHEN YOU'RE READY

Parramatta and online, Australia-wide · **Book at mindhealth.com.au**

1300 084 200

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