



INFORMATION SHEET

Age Group: **Adults**

Sheet Title: **Diagnosis of Asperger's Syndrome (Summary)**

Whilst early diagnosis and intervention would be ideal, it is never too late to help, and many of the difficulties experienced by those with Asperger's Syndrome can be alleviated by effective support and understanding in areas such as education, therapy, social skills, vocational training, employment and housing.

However, if a person is not diagnosed until they are an adult, it may be an enormous help in understanding the features of their own childhood, adolescence and young adulthood. The description of the sensory issues experienced with Asperger's Syndrome can explain many of the problems the AS adult had in their past.

If you suspect that you or someone you know has Asperger's Syndrome, try and write a record of experiences in childhood, adolescence and young adulthood. Perhaps take the diagnosis scale shown on this web-site and then take these notes to your GP. Ask to be referred to a specialist. The symptoms can sometimes be mis-diagnosed as depression or other conditions, and it will be very helpful to the GP to have your experiences documented.

Adults with Asperger's Syndrome will have developed their own strategies to deal with the various experiences of Asperger's Syndrome, but it may be useful to know that there are others out there in the same position.