



INFORMATION SHEET

Age Group: **Adolescents and Young Adults**

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

Early diagnosis and intervention is essential 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.

If AS is not diagnosed until adolescence or young adulthood, it is essential that the matter is handled very carefully. Adolescence is already a difficult time, a time of transition, when finding one's feet is complicated enough. The further complication of being diagnosed with AS, or discovering that you *might* have AS can cause even more confusion.

Support needs to focus on enabling adolescents and young adults with Asperger's Syndrome to understand the condition, how it affects their lives and what they can do to help themselves. In this way they can adopt strategies to cope and adapt to the social, interpersonal and environmental challenges they encounter on a daily basis.

There are some strategies that can be used in early childhood to try to 'immunise' the young child with Asperger's Syndrome from some of the long-term consequences that can have a significant impact on the child's or adult's mental health.