



ASPERGER'S SYNDROME QUIZ MYTH AND FACT

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ALL PEOPLE WITH AUTISM SPECTRUM DISORDERS ARE EXACTLY THE SAME.

False. There are three different disorders within the Autism Spectrum: (1) Autism, (2) Pervasive Developmental Disorder – Not Otherwise Specified (PDD or PDD-NOS), and (3) Asperger's Syndrome. Generally, Autism is thought to have the most impairment. People with Autism generally have no or minimal language and test below average IQ. People with Asperger's tend to have no language impairments and above average IQ. Social skills are significantly impacted with both disorders, however because Asperger's is a spectrum within itself, social skills can range from severely impaired to slightly quirky. PDD-NOS falls somewhere between Autism and Asperger's.

ASPERGER'S SYNDROME IS THE SAME THING AS HIGH FUNCTIONING AUTISM AND NON-VERBAL LEARNING DISABILITY (NLD)

False. They share many similar characteristics, but they are not the same disorder. High Functioning Autism generally refers to people with Autism who had a language delay and currently may have higher communication and cognitive skills, but are not as functional as people with Asperger's. People with NLD tend to be more introspective than people with Asperger's as they are often able to reflect on their abilities and difficulties, but often can't figure out what to do about it. Additionally, by definition, people with NLD have a large split between their verbal and performance IQ scores, verbal being average to well above average. This split can indicate deficits in motor skills and spatial abilities. People with NLD tend to have difficulty with Math (due to the spatial components).

PARENTING A CHILD WITH ASPERGER'S IS EASIER THEN A CHILD WITH AUTISM.

False. Parenting children with Autism and Asperger's each has their own challenges. Many community members expect more than children with Asperger's are capable of providing because on the surface they appear so "typical".

ALL PEOPLE WITH ASPERGER'S SYNDROME HAVE POOR EYE CONTACT AND NO ISSUES WITH SENSORY PROCESSING.

False. Many people with Asperger's have poor eye contact, but some do not have difficulty at all. Many people with Asperger's have difficulty with interpreting senses, various sensory sensitivities (i.e., sensitive to sound), and regulating their environment (becoming upset when there is too much chaos).

PEOPLE WITH ASPERGER'S SYNDROME NEVER LIKE TO BE TOUCHED

False. Like most people, people with Asperger's syndrome may or may not like to be touched. The reason may be individual preference, sensory dysfunction, or lack of predictability.

EXECUTIVE FUNCTIONING IS THE ABILITY TO ORGANIZE INFORMATION SO ONE CAN ACHIEVE GOALS. PEOPLE WITH ASPERGER'S HAVE DIFFICULTY WITH EXECUTIVE FUNCTIONING.

True. This is one aspect of executive functioning.

ALL PEOPLE WITH ASPERGER'S SYNDROME CAN HAVE MEANINGFUL JOBS AND LIVE INDEPENDENTLY.

False. Many people with Asperger's Syndrome can go on to achieve success and live independently, but many do not. Mostly their poor social skills prevent them from achieving full potential.



IF YOU CAN FIX THE BEHAVIORS OF PEOPLE WITH ASPERGER'S SYNDROME, YOU CAN CURE THE DISORDER.

False. Behaviors are a manifestation of either faulty learning or a symptom of a larger neurological issue (i.e., sensory impairment). One can extinguish the behaviors without curing the disorder. It is important to remember that behaviors are only the external manifestation of what is wrong. In order to truly assist the person, one must teach him/her the underlying skills that are missing.

PEOPLE WITH ASPERGER'S SYNDROME CAN BE CURED.

False. There is a lot of discussion about this possibility. There are some children who carried a diagnosis of Autism or Asperger's and have later lost their diagnosis. Most of these children are now "quirky", but may not meet the full diagnostic criteria.

SOME PEOPLE WITH ASPERGER'S SYNDROME DESIRE FRIENDSHIP.

True. Many people with Asperger's want friends but have difficulty reciprocating the relationship or taking the other person's perspective which causes tension in friendships.

PEOPLE WITH ASPERGER'S SYNDROME ARE INSENSITIVE.

False. People with Asperger's Syndrome may appear to be insensitive, but in actuality, many are unable to take the other person's perspective to see how their actions/words are impacting the other person. If one is unable to take your perspective, then, by definition, the person cannot be insensitive, but rather oblivious to other's emotions, desires, or beliefs.

ASPERGER'S SYNDROME IS CAUSED BY BAD PARENTING.

False. As of today no one knows what causes Asperger's Syndrome. There is a strong suspicion that genetics and the environment play an important role. Parenting, as with all children, effects children's development. Bad parenting does not cause Asperger's Syndrome, but bad parenting might exacerbate the symptoms.

FROM A CROWD OF PEOPLE I MIGHT NOT BE ABLE TO PICK THE PERSON WITH ASPERGER'S OUT.

True. Many people with Asperger's Syndrome are indistinguishable from their peers until you spend some time with them when eventually differences are noted.