

## LEARN ABOUT

# AUTISM SYMPTOMS AND DIAGNOSIS IN ADULTS



**This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.** For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov).

### Autism Symptoms in Adults

- Autism can look different in adults than it does in children
- Some adults were not diagnosed as kids, so they may not show the same “classic” signs
- There are still common signs that can help people understand if they might be on the spectrum

### Social Symptoms

- Many adults with autism have trouble with social situations
- It can be hard for them to talk with others or understand things like facial expressions, eye-rolling, or shrugging
- They might find it hard to see things from someone else’s point of view

### Repetitive Behaviors

- Adults with autism might like to do the same things over and over
- They may have strong interests or like things to stay the same every day
- Loud noises, bright lights, or busy places might bother them, which is a sign of sensory issues

### Executive Function

- Executive function is how we plan, stay organized, and manage our time
- Adults with autism might have a hard time planning big tasks or keeping track of things
- They may focus a lot on one subject but struggle to connect it to a bigger idea

### Is It Autism?

- Having these signs doesn’t always mean someone has autism
- Doctors use tests and questions to see what symptoms a person has and how strong they are
- After this first step, they may send the person to a specialist to find out more
- Talking to your regular doctor is a good place to start if you think you might have autism

### After Diagnosis

- After being diagnosed, you and your doctor can work together to find the right help for you
- Joining local autism groups can also help you meet people, learn more, and find support that fits your needs and strengths