

The Role of (HFA) High-Functioning Autism in Regular Events of One's Daily Life

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DESCRIPTION

Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder characterized by a range of challenges in social interaction, communication, and restricted and repetitive behaviors. Within the spectrum, there exists a subgroup known as High Functioning Autism (HFA). This term is often used to describe individuals with autism who exhibit average or above-average intellectual abilities while still facing significant social and communication difficulties. Understanding the therapies of high-functioning autism is essential for fostering inclusivity and providing support for those navigating this complex condition.

Characteristics of high-functioning autism

Social challenges: Individuals with high-functioning autism often struggle with social interactions. While they may desire social connections, they may find it challenging to interpret non-verbal cues, understand social norms, or engage in reciprocal conversations. This can lead to a sense of isolation and difficulty in forming friendships.

Communication differences: Communication can be a significant hurdle for those with high-functioning autism. While they may have a rich vocabulary and strong grammatical skills, they might struggle with pragmatic language use knowing when and how to use language appropriately in different social situations. As a result, misunderstandings and difficulties in expressing emotions are common.

Sensory sensitivities: Many individuals with high-functioning autism experience sensory sensitivities, such as heightened sensitivity to light, sound, touch, or taste. These sensitivities can be overwhelming and may lead to anxiety or meltdowns.

Repetitive behaviors and special interests: Like others on the autism spectrum, individuals with high-functioning autism often engage in repetitive behaviors or have intense, specific interests. These behaviors can serve as coping mechanisms or ways to manage anxiety, providing a sense of predictability and control.

Diagnosis and misconceptions

Diagnosing high-functioning autism can be challenging due to the wide variability in symptom presentation and the overlap with other conditions. It is crucial to dispel common misconceptions surrounding HFA, such as the assumption that all individuals with autism lack intelligence. In reality, those with high-functioning autism often possess exceptional cognitive abilities, excelling in areas such as mathematics, music, or visual arts.

Educational and social support

Recognizing and addressing the unique needs of individuals with high-functioning autism is essential for their academic and social success. In educational settings, implementing personalized learning plans, providing social skills training, and offering sensory accommodations can create a supportive environment. Peer education programs can also foster understanding and acceptance among classmates.

Employment opportunities

As individuals with high-functioning autism transition into adulthood, they may face challenges in the workforce. Employers can promote inclusivity by offering clear communication strategies, providing a structured work environment, and recognizing the unique skills and talents that individuals with HFA often contribute.

Family and community support

Support from family and the broader community is crucial for individuals with high-functioning autism. Advocacy groups, community programs, and online forums can offer valuable resources and a sense of belonging. It is important to raise awareness and promote acceptance, breaking down stigmas associated with autism spectrum disorders.

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CONCLUSION

High-functioning autism is a diverse and multifaceted aspect of the autism spectrum, requiring well understanding and support. By fostering awareness, providing customised interventions, and promoting inclusivity, society can empower individuals with

high-functioning autism to reach their full potential and contribute meaningfully to their communities. Neurodiversity is a concept that promotes the understanding and acceptance of neurological differences in individuals. This includes conditions such as autism, dyslexia, and other neurological variations.