

April is World Autism Month

What is World Autism Month?

Every April, the American Autism Association celebrates World Autism Month, beginning with United Nations-sanctioned World Autism Awareness Day on April 2. Throughout the month, they focus on sharing stories and providing opportunities to increase understanding and acceptance of the autism community.

What is Autism?

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. According to the Centers for Disease Control, autism affects an estimated [1 in 36 children](#) and [1 in 45 adults](#) in the United States today.

Autism looks different for everyone, and each person with autism has a distinct set of strengths and challenges. Some autistic people can speak, while others are nonverbal or minimally verbal and communicate in other ways. Some have intellectual disabilities, while some do not. Some require significant support in their daily lives, while others need less support and, in some cases, live entirely independently.

For more information and resources on Autism go to [Autism support, resources & advocacy | Autism Speaks](#)

Anthem members, if you or a family member has ASD you may have access to a support team of behavioral health clinicians. Log into the Sydney app or [anthem.com](#) and look for Autism Spectrum Disorder Program.

Autism Awareness Activities that will help make a difference

Express yourself through your clothing

- Clothing is one of the easiest ways to celebrate autism awareness. Wear blue or whatever color the organization you support chooses to raise autism awareness
- Autism awareness symbols can be worn on clothing such as a puzzle piece or infinity symbol

Create sensory toys

- Many sensory toys can be made at home with inexpensive materials
- Sensory toys can help support autistic people and introduce kids to a meaningful way to spread kindness to those with autism.

Watch a show or movie about autism

- There is many portrayals of autism in film and television that have done a good job on showing the importance of being knowledgeable about autism spectrum disorder

Support businesses owned by autistic individuals

- Autistic individuals own all sorts of businesses. We can seek out some of these businesses and find ways to support them as a way to celebrate autism awareness.
- Frequenting these businesses can not only help provide an economic boon for the person with autism but encourage others to do the same. This can help foster inclusivity and autism acceptance.

Donate to an autism organization

- Many organizations help raise autism awareness and autism acceptance. Find the one you believe can do the most good and donate to the cause. Some serve as advocacy groups, while others fund research or offer support services.