I'm speaking to you as Wenn Lawson, a parent to four children. Uh... Two of my sons, I would say, are on the autism spectrum. One has a definite diagnosis. I have two granddaughters also living with autism. And, um, we're from a family of, um... lots of individuals on the autism spectrum.

As autistic people, our brains are already hardwired to... tend to work with one thing at a time and we're very detail-focused individuals. Only on details of interest to us, not on all details. But this can mean... our belief, desire, feelings toward one thing dominate. Um, yes, the DSM-5 calls this obsessive behaviour. I prefer to use the word 'passion', and not obsession.

The passions we have do take over and do dictate. And I always encourage parents and anybody working with us to utilise those passions constructively, rather than try to override them, take them away, pretend they don't exist, um, because it's actually the way I'm put together.

So, if you're neurologically typical, you are very likely hardwired to focus on several things simultaneously. You can look at the same time as listen, at the same time as walk, think, process. Um, you're made that way. Some people, that's their forte. They're much better at multitasking than others, but even so, if you're an NT individual, this is the way you're put together.

For those of us with autism, wherever we are on the spectrum, we're not put together that way. We're put together to focus on one thing at any one time. So as an autistic individual, I have a passion for birds. I have a passion to understand autism. Um... which is why I'm a researcher and a psychologist and work in this field. And lecture on autism. But...I can only do one thing at any one time, so... even when it appears like I'm multitasking, trying really hard to organise and understand, facilitate, process a conversation... all of those things working so hard at, um... in a way that I'm not designed to do, it really does take extra effort and means I get very tired very quickly.
And I'm sure if you're listening to this, you could compare it to perhaps being somebody who... whose... English and writing is not your forte and therefore having to spend a lot more time focusing on, um, things to do with words. And if maths is your forte... um, it's easier to give your attention to that. And if it's the other way around, maths isn't your forte, then having to look at numbers and work out figures is a lot of work.

So hopefully you understand what I'm talking about. One snippet to do with autism.