

# Autism Wheel

VS

# Autism Scale

There are two common visual analogies used to represent Autism Spectrum Disorder (ASD). The first is a sliding scale and the second is the multi-dimensional wheel (often called the Autism Wheel).

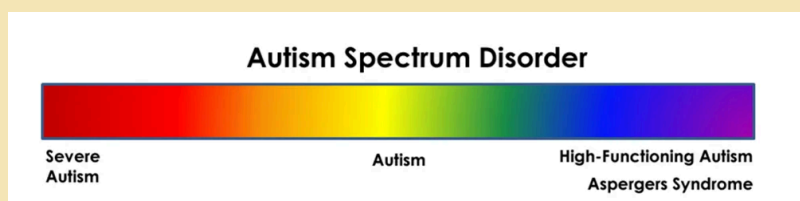


Photo Credit: [Dr. Savitra](#)

Above is a simplistic version of the sliding scale. This visual is meant to represent high-functioning on one end and low-functioning on the other (please note that the terms in the image above have also changed and now are called Level 1, Level 2, and Level 3). This idea is no longer considered up-to-date with current research and representation standards. This visual isn't entirely useless since it still can provide a helpful visual for different levels of support needs, but a newer and more inclusive is it's replacement.

The Wheel:

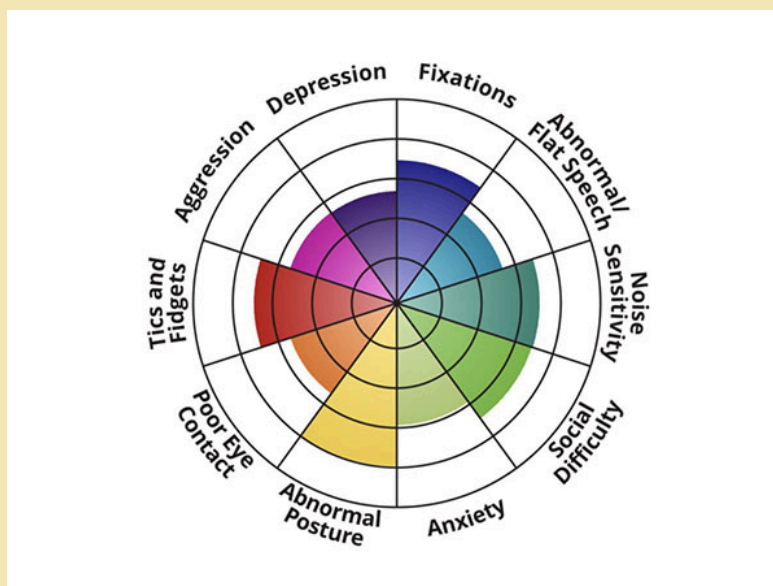


Photo Credit: [@LauraFMcConnel](#)

The Autism Wheel represents varying strengths and struggles across multiple dimensions of ASD. It recognizes how individual experiences vary heavily and someone may experience extreme dysregulation in one area, while having little to no challenges in other areas. The Autism Wheel is now widely accepted as a more accurate replacement of the sliding scale.

At home exercise: Try printing a blank version of this wheel and practice filling it in based on you or your child's individual experience. This knowledge is helpful for building routines, supports, and self-advocacy skills. There are also a few online versions if you prefer a digital version of this exercise.



## Resources:

### [Why the Autism Wheel is replacing the Spectrum](#)

#### No AI Statement:

This resource was made without the use of AI. All information used to create this guide is from my knowledge and experience in the field of psychology, coaching, education, and the above listed resources.

Grace Lorntzen