Oregon Commission on Autism Spectrum Disorder

Developing appropriate, collaborative & timely supports and services across the lifespan

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Autism Awareness is also recognized nationally throughout the month of April, starting with World Autism Awareness Day on April 2nd. The Oregon Commission on Autism Spectrum Disorders is celebrating this month by launching our new ASD awareness campaign:

"Spectrum of Strength"

We believe that everyone with ASD has a unique Spectrum of Strength and we encourage you to discover ways to honor those strengths through words, images, stories, videos and activities throughout the month of April. Whether it's one thing each day, each week or just once this month, we encourage you to join with us in celebrating the Spectrum of Strength of the people you know and love who experience autism.

Here are a few ideas to get you started:

- Use social media to share stories, photos or videos that showcase strengths
- Send a message to someone you love with autism about their personal strengths you admire
- Have shirt or tote bag printed with a photo and words that symbolize strength
- Schedule a person-centered planning meeting this month. The Council on Developmental Disabilities has a list of PCP Facilitators throughout the state.
- Share a list of personal strengths with family, friends, educators, caregivers, service professionals, and health care providers to add your child's profile.
- Do a special activity that celebrates the interests of someone you love with autism. Whether their interest is bugs, trains, dinosaurs, space or classic movies – spend time with your loved one engaged in a craft, outing or other activity focused on what they are most interested in.