

# ASD Understanding Strengths & Finding the Right Career Sector

Autism Spectrum Disorder (ASD) is a neurodevelopmental difference that affects how some people communicate, learn, and interact with the world around them. People on the autistic spectrum often have unique strengths that can be valuable in many job roles.

Below, we explore some of these strengths and the types of careers where they can be particularly beneficial.

## Common Strengths:



**Attention to detail:** Exceptional eye for detail and a strong focus on accuracy, able to search through a lot of information for specific content.



**Efficiency & Consistency:** Good at following a schedule, sequences and order, with the right structure, also excel in environments with clear routines.



**Logical thinking:** Bring an innovative and objective approach to problem solving.



**Focus & Persistence:** Able to stay focused on tasks for extended periods, especially when working on areas of interest.



**Pattern recognition:** Strong ability to recognise patterns and trends, supporting problem solving and data-focused tasks.

## These strengths are ideal for:

Laboratory Technician

Research

Accounting

Mechanic

Web Developer

Computer Programming

Graphic Design

Writing & Editing

Policy Adviser

Engineering

Data Analysis

Librarian

Agricultural Work

Building Trades

Animal Care

## Visit these websites for more detailed information:

[Above & Beyond Therapy](#)

[Thrive Autism Coaching](#)

[Exceptional Individuals](#)

If you'd like to discuss any of the above, please call:

0345 5480080

or email:

[supportingyou@careerseekersdirect.co.uk](mailto:supportingyou@careerseekersdirect.co.uk)



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# Suitable Jobs For Autistic People



Autistic Spectrum Disorder (ASD) is a neurological disorder that affects how people communicate, learn, and behave. People on the autistic spectrum have strengths can offer great benefits to a number of job roles, Below we explain what these strengths include and the different kinds of roles they can benefit in.

## Specific Strengths:



**Attention to detail:** Exceptional eye for detail and a strong focus on accuracy, able to search through a lot of information for specific content.



**Efficiency:** Good at following rules, sequences and order, with the right structure. Also excel in environments with clear routines and predictable schedules.



**Logical thinking:** Bring an innovative and objective approach to problem solving.



**Retention:** Retain lots of knowledge on topics of interest.



**Clear communication:** Clear and direct, ensuring that expectations and instructions are conveyed in a way that individuals can easily understand.

## These strengths are ideal for:

Laboratory  
Technician

Research

Accounting

Mechanic

Web  
Developer

Computer  
Programming

Graphic  
Design

Writing &  
Editing

Policy  
Adviser

Engineering

Data  
Analysis

Librarian

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