

Selecting one day a year to promote autism awareness does not create such an atmosphere. Autism awareness is an everyday activity for God's sake.

I experience autism awareness every day because I am autistic. Please walk in my shoes as you read this article. Try to see what I see, hear what I hear, and feel the way I feel. Then forward what you read to two people. Autism Awareness is an everyday thing for me so, you can help by starting an autism awareness 365 campaign of activities to do every day to promote autism awareness

### **My Experience**

I experience autism awareness when driving. I prefer to ride motorcycles, but not because I prefer motorcycles rather than cars. I feel less anxious when riding a motorcycle than driving a car. I have anxiety when driving a car. Taking my driving test was horrific. I have visual acuity problems. I cannot judge distance in a car. I can on a motorcycle. Cars are a "ton" more difficult for me to navigate than motorcycles.

**There are other issues too. For example, I was riding my motorcycle on the freeway at night, and glare from a car light hit my eyes. I had an anxiety attack.**

**Opening packages are difficult for me. Writing is difficult for me. I was terrible at woodshop class in middle school. I have a muscle coordination condition in the arms and legs called dysgraphia.**

**I get words confused at the cognitive level. I would call a computer keyboard the "screen." I call the table "a chair".**

**People with autism experience autism awareness every day of the year. One day in April to promote autism awareness is not enough.**

- 1. Decide to engage in Autism Awareness 365**
- 2. Start going down this list**
- 3. Everyday wear an autism bracelet**
- 4. Attach an autism awareness bumper sticker or license place border to your car**
- 5. Pick an autism charity to donate to once a month**

- 6. One day a month engage your neighborhood with a monthly Autism Awareness Day.**
- 7. Volunteer for an autism organization twice a month**
- 8. There are also various international and national days that could be given an autism theme. The United Nations International Day of Education on January 24 could be a Day for Education of Autistics. Such a day would focus on making sure people with autism have the same access to education that everyone else accesses. Some other holidays are listed below**
- 9. Social Justice Day for Autistics Day**
- 10. Zero Discrimination Day with a focus on autistics (3/1)**
- 11. Woman's Day with a focus on autistic women (3/8)**
- 12. International Day of Happiness with a focus on autistics (3/20)**
- 13. Autism Awareness Day (4/2)**
- 14. International Day of Living Together in Peace with a focus on autistics (5/16).**
- 15. Global Day of Parents with a focus on parents who are autistic (6/1).**

- 16. World Youth Skills Day with a focus on autistic youth (7/15).**
- 17. International Youth Day with a focus on autistic youth (8/12).**
- 18. International Day of Older Persons with a focus on autistic seniors 10/1.**
- 19. World Mental Health Day with a focus on autistics 10/10.**
- 20. International Day of the Girl with a focus on autistic girls 10/11.**
- 21. Word Day for Tolerance with a focus on tolerance for autistic populations 11/16.**
- 22. World Children's Day with a focus on autistic children 11/20.**
- 23. International Day of Persons with Disabilities with a focus on autistics (12/3).**
- 24. Human Rights Day focusing on autistics 12/10.**
- 25. International Human Solidarity Day with a focus on autistic and autism issues**
- 26. Advanced advocates could use business cards, brochures, banners, and fliers.**

**27. Other activities advanced advocate could engage in are write articles, write letters to the editor, sponsor a contest, write a book, or create a salon**

### **Call to Action**

**Autism Awareness is an everyday experience for me. I urge you to make it an everyday experience for you too. I urge you to start an autism awareness 365 campaign to promote autism awareness every day. I urge you to walk in my shoes for a while. Help people remember there are differences in this world. Walk in others' shoes and help people remember that autism is still here. Walk!**