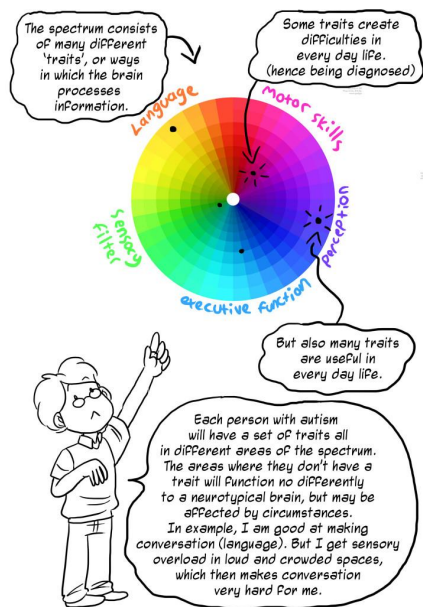
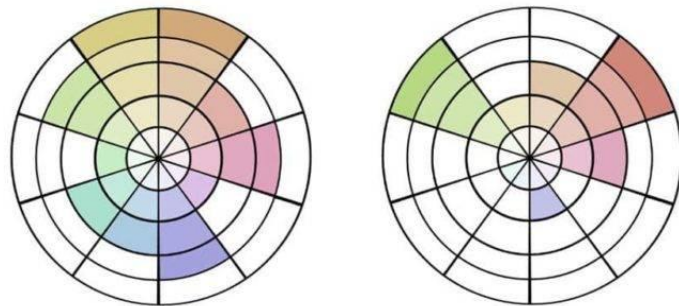


VISUALS



no two autistic people are exactly alike, but we shouldn't be reduced to "high functioning" and "low functioning" stereotypes, either.

my autism looks like this. my brother's probably looks like this.



we have the same "amount" of autism, just different symptoms.

Autism Spectrum

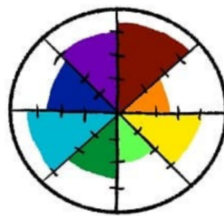
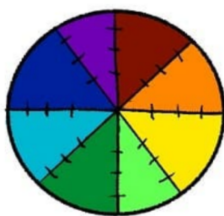
The Autism spectrum is **not** linear



less autistic

very autistic

The Autism Spectrum looks more like:



- Social skills
- fixations
- routines
- sensory issues
- stimming
- perception
- executive func.
- other

→ Terms like "high functioning" and "low functioning" are harmful and are not used anymore

Autism - sketches

GENERAL

<https://autismsocietymd.org/>

www.pathfindersforautism.org

<https://autisticadvocacy.org/>

<https://bit.ly/3imi1Ho>

<https://neurodivergentinsights.com/>

LANGUAGE

Functioning Labels

[Tom Iland's "The Fallacy of Low and High Functioning Autism"](#)

Person First vs Identity First

SEEKING DIAGNOSIS

<https://koryandreas.com/autism-assessment-services> (Maryland, Virginia, Massachusetts. For adults)

<https://youmatterpsychiatry.com/> (Maryland. For adults)

CO-OCCURRING CONDITIONS (aka "the web")

<https://neurodivergentinsights.com/misdiagnosis-monday>

ADHD

ARTICLES

<https://www.aane.org/resources/family-and-friends/>

<https://neuroclastic.com/its-a-spectrum-doesnt-mean-what-you-think/>

<https://theautisticadvocate.com/2018/02/an-autistic-diagnosis/>

<https://www.additudemag.com/autism-spectrum-disorder-in-adults/>

<https://autisticadvocacy.org/about-asan/about-autism/>

VIDEOS

Special Books by Special Kids YouTube Channel

<https://youtu.be/cF2dhWWUyQ4>

<https://youtu.be/SoWSuxBy6oo>

<https://youtu.be/zatA90699qs>

<https://m.youtube.com/watch?v=A1AUdaH-EPM#>

SOCIAL MEDIA

INSTAGRAM

https://www.instagram.com/p/CNLNqcth7eR/?utm_medium=copy_link (Autism terminology)

https://www.instagram.com/p/CO2KkUtsfeM/?utm_medium=copy_link (General)

<https://www.instagram.com/reel/C4BFPsbOdU2/?igsh=OHlkYmxmdzY5eHM1> (Having a safe person)

<https://www.instagram.com/p/C4q35w4hq99/?igsh=YnM2bms5MDNqcWRz> (Models of Disability)

#ActuallyAutistic or Neurodivergent Creators

@neurodivergent_lou

@theautisticlife

@lifebynayeli

@kaelynnvp

@apergirl

@beckspectrum

@sensoryhuman

@autiennele

@chloeshayden

@toren.wolf

@connortomlinson5

@tannerwiththe_tism

@connor.dewolf

@connorcallec

@adhd_with_drjen

Families/Children

@nicolegottesmann

@evietheexplorer1111

@tinklesherpants

@drawingsbytrent

@cyn_rosignolo

Providers/Professionals

@neurodivergent_insghts

@learnplaythrive

@connectionsspeechpathology

@speechdude

SEX, GENDER, & LGBTQ+

<https://friendraichu.tumblr.com/post/117061959395/possible-traits-of-aspergers-in-females>

<https://neuroclastic.com/autism-and-gender/>

https://www.instagram.com/p/CQG5u4es2Ja/?utm_medium=copy_link

BOOKS

Spectrums by Maxfield Sparrow.

Knowing Why: Adult-Diagnosed Autistic People on Life and Autism by The Autistic Press

The Complete Guide to Asperger's Syndrome by Tony Attwood

The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Social-Skill Problems by Barbara Cooper, Nancy Widdows

Social Skills for Teenagers and Adults with Asperger Syndrome: A Practical Guide to Day-to-day Life by Nancy J. Patrick

Developing College Skills in Students With Autism and Asperger's Syndrome by Sarita Freedman

RESOURCES FOR AUTISTIC ADULTS

Hiki app for friendship or dating

Rare Patient Voice- fill out surveys about your health & medical conditions and get paid!

QUESTIONING (NOT DIAGNOSTIC TOOLS)

<https://neurodivergentinsights.com/blog/am-i-autistic>

<https://embrace-autism.com/raads-r/#test> RAADS-R test

<https://embrace-autism.com/autism-spectrum-quotient/> AQ test

<https://embrace-autism.com/cat-q/> CAT-Q test

I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults by Cynthia Kim

<https://rdos.net/eng/Aspie-quiz.php>

For AFAB

List of Common Autistic Traits in Women

Originally "List of Female Asperger Syndrome Traits" from help4aspergers.com (no longer active) by Rudy Simone
Adapted by Taylor Pearson (<https://www.MonDTheSpectrum.Uk>, YouTube: Mon on the Spectrum)

APPEARANCE/ PERSONAL HABITS	INTELLECT/EDUCATION/ VOCATION	EMOTIONAL/PHYSICAL	SOCIAL/RELATIONSHIPS
Dresses comfortably	Considered "gifted", shy or introverted when young	Emotionally immature or sensitive	Words and actions are often misunderstood
Spends less time on grooming and hair	Quiet or covert learning difficulties	Frequent anxiety and/or fear	Perceived to be cold, indifferent or self-centered
Eccentric personality and/or appearance	Often musical, artistic	More open to discussing things than ASD males	Can be shy or mute
Is young for her age in preferences, appearance and interests	May have expert skill or strong interest	Strong sensory sensitivities to sensations	Doesn't go out much or prefers to go out only with partner
Usually more expressive than autistic males	May gravitate towards computer's and technology or writing, language and psychology	Prono to depression. May have Anorexia Nervosa or bulimoid behav. May become obsessed or fixated	May get tired up when talking about passions or hobbies or interests
May have androgynous traits with feminine appearance	More self-taught skills	Sensitivity to noise/light and anything else and/or too much	May prefer spending time with partner
Can outpace socially and may lack sense of identity	May be highly educated but struggle with social aspects	Gender-neutral issues	May not do many "girly" things or have many girlfriends
Reveals with reading and/or and movies	May have partial depression	Serves to soothe when agitated	May shut down in social situations when introduced back to setting of meeting than ASD males
Manages stress with rules, discipline and routines	May be passionate about one corner of study then change course quickly	Prono to temper or crying meltdowns in public	May appear overly pleased for it's a performance
Happens at home or other controlled environments	May have trouble coping employed or finding work	Physical when happy	Can have trouble maintaining close friendships
	How to cope with social things due to sensory and cognitive input	Feels respect and being misunderstood, can hold anger	May choose to remain isolated or alone. If in a relationship takes it very seriously
	Prefers written rather than verbal instructions	Prono to mutism when stressed	Due to sensory input, may merely enjoy sex or strategy without it
	May have obsessions that are less obvious than ASD males	May have unique vision quality or speak in monosyllables	Can be awkward in flirting attempts

<http://www.myspectrumsuite.com/samantha-crafts-autistic-traits-checklist/?fbclid=IwAR3Okipm67BgJWpoYy5TynSmKfuCEn7ZPF2OwJvuBRcy0o9maLSCPsQ--lQ>

Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age by Sarah Hendrickx

Autism in Heels by Jennifer Cook

<https://opendoortherapy.com/women-with-autism-autism-traits-missed-ignored-women/>

<https://youtu.be/ixRSb00BpIM>

<https://youtu.be/Tbes1mm2VgM?si=nwVI8DDRWLcIDgDc>

UNMASKING

https://www.instagram.com/reel/C2f-bX4ppR_/?igsh=bWsyamJzbjRrNjA1

https://www.amazon.com/Unmasking-Autism-Discovering-Faces-Neurodiversity/dp/0593235231?ref=d6k_applink_bb_dls&dplinkId=ccd6f7a8-b393-44ca-8df3-579d9a9a528b

<https://www.npr.org/2022/04/14/1092869514/unmasking-autism-more-inclusive-world>

https://www.youtube.com/live/1k4wS5W_xWw?feature=share

AUTISTIC BURNOUT

<https://www.nytimes.com/2021/09/03/well/live/autistic-burnout-advice.html>

<https://www.instagram.com/reel/C6a9HhhMGi9/?igsh=MW9rdHBwZWWhcjgwcQ==>

NEURODIVERGENT FRIENDLY HOME

<https://youtu.be/g1edDwZC5D4?si=0erBcTZqsQyo3EHE>

https://youtu.be/posZhu_YII0?si=R0AbZ6qKCUpTmcx

REJECTION SENSITIVE DYSPHORIA

<https://www.additudemag.com/rejection-sensitive-dysphoria-adhd-emotional-dysregulation/amp/>

<https://www.additudemag.com/rejection-sensitive-dysphoria-adhd-symptom-test/> RSD test

<https://youtu.be/jM3azhiOy5E?si=pQZx65ec5K61SrLV>

<https://neurodivergentinsights.com/blog/how-to-deal-with-rejection-sensitive-dysphoria>

RESOURCES FOR PARENTS

<https://www.instagram.com/p/C2dwwOUvoJl/?igsh=MjgyOWttYXdieHBk>

The Parent's Guide to College for Students on the Autism Spectrum by Jane Thierfeld Brown, Lorraine Wolf, et al.

Check out the Special Education Citizen's Advisory Committee for your county

<https://www.cdc.gov/ncbddd/actearly/index.html>

<https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/disclosing-your-autism/parents-and-carers>

PROVIDERS

<https://www.kuhl-therapies.com/>

HOW TO TELL YOUR CHILD THEY'RE AUTISTIC

https://www.amazon.com/dp/B0CXP99WGF/ref=cm_sw_r_as_gl_api_gl_i_271SM6A8S3QNVAW4C7W5?linkCode=ml1&tag=stephaniehanr-20

GESTALT LANGUAGE PROCESSORS

<https://connectionsspeech.myflodesk.com/connectionsspeech>

Check out @evietheexplorer1111 and @connectionsspeechpathology on IG

NEWLY DIAGNOSED (CHILD)

<https://www.ppmmd.org/resources/>

<https://health.maryland.gov/dda/Pages/home.aspx>

Maryland (Autism Waiver)

<https://marylandpublicschools.org/programs/Pages/Special-Education/autismfactsheet.aspx>

<https://health.maryland.gov/mmcp/waiverprograms/Documents/Autism%20Waiver%20Fact%20Sheet.pdf>

Check out Adaptivities