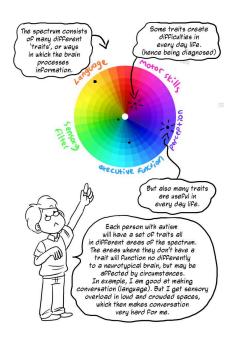
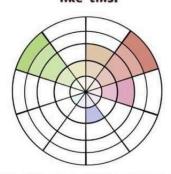
### **VISUALS**



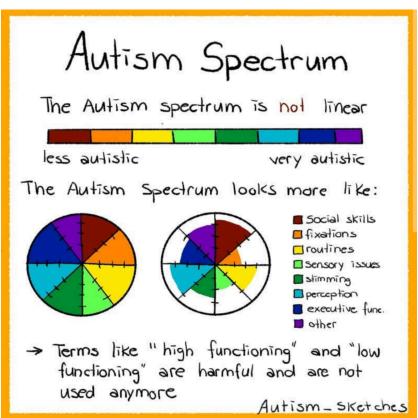
no two autistic people are exactly alike, but we shouldn't be reduced to "high functioning" and "low functioning" stereotypes, either.

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





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



# **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://voutu.be/SoWSuxBv6oo

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
@autienelle
@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-guiz.php

## For AFAB



APPEARANCE/ PERSONAL HABITS	INTELLECT/EDUCATION/ VOCATION	EMOTIONAL/PHYSICAL	SOCIAL/RELATIONSHIPS
Dresses comfortably	Considered "gifted", shy or sensitive when young	Emotionally immature or sensitive	Words and actions are often misunderstood
Spends less time on grooming and hair	Overt or covert learning deficits	Frequent anxiety and/or fear	Perceived to be cold- natured or self-centered
Eccentric personality and/or appearance	Often musical, artistic	More open to discussing feelings than ASD males	Can be shy or mute
Is young for her age in preferences, appearance and	May have savant skill or strong talent	Strong sensory issues/prone to overwhelm	Doesn't go out much or prefers to go out poly with partner
tastes Usually more expressive than	May gravitate towards computers and technology, or writing, languages and psychology	Prone to depression. May have been diagnosed as bi-polar or manic depressive instead of ASD	May get fired up when talking about passions or special interests
May have androgynous traits with feminine appearance  Camouflages socially and may lack sense of identity	Many self-taught skills	Seroitive to medication and anything she puts inrise her body	May prefer spending time with animals
	May be highly educated but struggle with social aspects	Gastrointestinal issues	May not do many "girly" things on have many girlfriends
	May have partial degree(s)	Stims to soothe when agitated	May shut down in social situations when overlanded but is better at masking than ASD males. May appear socially skilled but it's a performance.
Recreats with reading and/or ty and movies	May be passionate about one course of study then change course quickly	Prone to temper or crying meltdowns in public	
Manages stress with rules, discipline and routines Happiest at home or other controlled environments	May have trouble staying employed or finding work	Physical when happy	Can have trouble maintaining clos friendships
	Slow to comprehend some things due to sensory and cognitive issues	Hates injustice and being misunderstood, can incite anger	May choose to remain celibate or alone. If in a relationship takes it very seriously.
	Prefers written rather than verbal instructions	Prone to mutism when stressed	Due to sensory issues, may thoroughly enjoy sex or strongly distale it
	May have obsessions that are less obvious than ASD males	May have unique voice quality or speak in monotone	Can be awkward in firting attempt

http://www.myspectrumsuite.com/samantha-crafts-autistic-traits-checklist/?fbclid=IwAR3Okipm6 7BgJWpoYy5TynSmKfuCEn7ZPF2OwJvuBRcy0o9maLsCPsQ--IQ

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://opendoorstherapy.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=bWsyamJzbiRrNiA1

https://www.amazon.com/Unmasking-Autism-Discovering-Faces-Neurodiversity/dp/0593235231 ?ref=d6k applink bb dls&dplnkld=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=MW9rdHBwZWhjcjgwcQ==

### 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/C2dwwOUvoJI/?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.ppmd.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%20 Sheet.pdf

Check out Adaptivities