



Resources for Autistic Adults in Kitsap County

Please note that the Kitsap County Parent Coalition does not necessarily endorse or agree with all content in all resources.

For additions or changes, please contact us at kcpc@wa.easterseals.com

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Diagnosis

Adult Autism Evaluation Providers (UWAC)

<https://depts.washington.edu/uwautism/wp-content/uploads/2025/10/UWAC-Adult-Autism-Diagnostic-Resource-List-10.01.25docx-1.pdf>

Local and Online Providers

[Autism Diagnosis](#)

Contents contain DDA Eligible Conditions with Age and Type of Evidence, Considerations, Screening Tools, Local Diagnosis Providers

Support

Kitsap Neurodiversity Hub

<https://kitsapautismsupport.github.io/Kitsap/>

List of events for neurodiverse and autistic people, such as the Square Pegs, Tommy's Story Hour, and Library events

Association for Autism and Neurodiversity (AANE)

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<https://www.aane.org/>

information, education, community, and support for individuals, family members and professionals.

Autism Society of Washington (ASW)

Autistic Adults Facebook Connection Group 18+

<https://www.facebook.com/groups/605811981162727>

Embrace Autism

<https://embrace-autism.com/>

Screeners, research, motivational content, advocacy. Written by and for autistic people.

Free Autism Resources - Autism Chrysalis

<https://www.autismchrysalis.com/free/>

Pdf worksheets and handouts for assisting autistic adults in their daily life. Resources include Autistic burnout, job, guilt-free progress tracker

[THINKING PERSON'S GUIDE TO AUTISM – Autism news and resources: from autistic people, professionals, and parents](#)

<https://thinkingautismguide.com/>

Meetup

Square Pegs Adult Autistic Meetup Group

<https://www.meetup.com/squarepegs/>

a place for those of us who are on any part of the spectrum, diagnosed or self-diagnosed, to get to know one another and make new friends without having to

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explain our eccentricities. If you are otherwise neurodivergent, you are welcome to join us as well. Square Pegs on Thursdays has a very active Discord channel. Contact us for the link. kcpc@wa.easterseals.com

Square Pegs has 3 monthly events scheduled in Kitsap County. Scroll down the events list to find more information.

- 21+ Ashley's Pub, Bremerton
- 18+ First Lutheran, Poulsbo
- Autistic Adults and their children craftivity & movie, Bremerton Sylvan Library

AuDHD General Circuit

<https://www.meetup.com/audhd-online-community/>

Meets weekly on Wednesday at 5:30

The AuDHD Online Community is a virtual space for people with autism and ADHD (including self-diagnosed and suspecting) to connect, unmask, share interests, build community, and gain support. Meetings (circuits) are hosted on zoom and self-run by group members. Everyone will have an opportunity to participate, but verbal/visual participation is not required. You're welcome to just come hang out passively at any of the events :)

Neurodivergent Kitsap

<https://www.meetup.com/neurodivergent-kitsap/>

States is for parents and kids, but it is the only group on meetup in Kitsap. They may work with us to create events for adults off their platform.

Tommy Debord Story Hour for People with Disabilities

<https://www.facebook.com/profile.php?id=100069808065851>

Reddit

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<https://www.reddit.com/r/AutisticAdults/>

<https://www.reddit.com/r/adultautism/>

<https://www.reddit.com/r/AutisticParents/>

<https://www.reddit.com/r/autism/>

<https://www.reddit.com/r/asd/>

<https://www.reddit.com/r/aspergers/>

Facebook

- Adulting on the Spectrum
<https://www.facebook.com/groups/adultingonthespectrum>
- Kitsap Autism Support
<https://www.facebook.com/groups/kitsapautismsupport/>
Historically geared towards parents raising autistic children, but is becoming a convenient place for local adult autistics to find resources, meet others, or create events.

Training

Videos, books, and useful websites

KCPC and Monica Meyer Autism Workshops

<https://www.youtube.com/playlist?list=PLXsfXGERInonbjvvNXU6WDrUwIMAEGLqk>

Autism 101, Executive Function, All Behavior is Communication, Parenting Across the Lifespan, and more

Univ Washington Autism Center (UWAC) Training: Adult Resources

<https://depts.washington.edu/uwautism/resources/adult-resources/>

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- Could I Be Autistic - Fill out the registration in order to watch recording.
- Self-Diagnosed Adult Autism Community Resources,

Adult Autism Diagnosis Webinar: Identifying Autism in Adults and Figuring Out What Comes Next

<https://vimeo.com/850189609/2dc24c6e57>

Are you Undiagnosed Autistic?

<https://youtu.be/UcqBgXCxddE?si=WJ2CB5N4g2kNHRe1>

Want to know if you're autistic or not? What is autism anyway? These common experiences will help you get beneath what it means to be on the spectrum and figure out whether or not it applies to you.

Neurodivergent Rebel Blog

Autistic Me: What I've Learned Since Being Diagnosed "with Autism" at the Age of 29

<https://neurodivergentrebel.com/2024/04/25/autistic-me-what-ive-learned-since-being-diagnosed-with-autism-at-the-age-of-29/>

Understanding Autism through the Actually Autistic Lens

<https://www.watch.psu.edu/actuallyautistic/>

This is a unique event, specifically designed, developed, and facilitated by autistic speakers. You will have the opportunity to hear from experts and advocates through the lens of #actuallyautistic adults.

Recommended Reading

Most books are available at the [Kitsap Regional Library](#) as hard copy, ebook, or audiobook.

[Reviews Index - Ada Hoffmann \(ada-hoffmann.com\)](#)

Ada Hoffman's recommended reading list of fiction with autistic characters written by neurodiverse authors.

Conversation How-To Guides

<https://paautism.org/resource/conversation-how-to-guides/>

Starter topics, beginning and ending conversations, making small talk with strangers, interacting with new friends, verbal and non-verbal cues.

Funny, You Don't Look Autistic

<https://www.goodreads.com/book/show/41005592-funny-you-don-t-look-autistic>

On Not Being a Duck

<https://aspergersfromtheinside.com/2020/02/03/on-not-being-a-duck/>

Ten Steps to Nanette, A Memoir Situation by Hannah Gadsby

"In her first book, ... she traces her growth as a gay woman from Tasmania--where homosexuality was illegal until 1997--to her ever-evolving relationship with comedy, to her struggle with late-in-life diagnoses of autism and ADHD..."

Understanding Body Language and Facial Expressions

<https://www.verywellmind.com/understand-body-language-and-facial-expressions-4147228>

Examples of body language include facial expressions, eye gaze, gestures, posture, and body movements. In many cases, the things we don't say can convey volumes of information.

Unmasking Autism by Devon Price

"A deep dive into the spectrum of Autistic experience and the phenomenon of masked Autism, giving individuals the tools to safely uncover their true selves while broadening society's narrow understanding of neurodiversity"

Welcome to the Autistic Community

<https://autismacceptance.com/read-the-book/>

Online book, free

Welcome to the Autistic Community has 9 chapters. You can read each chapter by clicking on the links below. Or, you can use the drop-down menu to choose a chapter. If you don't know much about autism, reading the chapters in order is a good way to start. Or, you can choose the chapters that you want to learn more about.

We're Not Broken, Changing the Autism Conversation by Eric Garcia

"This book is a message from autistic people to their parents, friends, teachers, coworkers and doctors showing what life is like on the spectrum. It's also my love letter to autistic people. For too long, we have been forced to navigate a world where all the road signs are written in another language."

What I Mean When I Say I'm Autistic: Unpuzzling a Life on the Autism Spectrum
by Annie Kotowicz

<https://www.goodreads.com/book/show/64390605-what-i-mean-when-i-say-i-m-autistic>

In this intimate and insightful mix of memoir and manifesto, Annie Kotowicz invites you inside the mind of an autistic woman, sharing the trials and triumphs of a life before and after diagnosis.

How might it feel to be autistic? Why are autistic and non-autistic people so puzzling to one another? How does neuroscience explain the spectrum of autistic traits? And what could you discover about your own mind—neurotypical or neurodivergent—through learning about another?

Advocacy

In the summer of 2023, a statewide grassroots movement was created to work on legislation, combat disinformation, and promote inclusion. It is currently called Washington Adult Autism Advocacy (WAAA). If you would like to learn more, contact us.

Autistic Self Advocacy Network

<https://autisticadvocacy.org/>

A national organization. Currently no chapters in Washington, though that may change based on the aforementioned WAAA group.