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 mhughes@hollyridge.org

Last revised Oct 16, 2026

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

Association for Autism and Neurodiversity (AANE)

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

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

https://thinkingautismguide.com/

Autism news and resources: from autistic people, professionals, and parents

Local Events

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 explain our eccentricities. If you are otherwise neurodivergent, you are welcome to join us as well.

- **Kitsap Square Pegs**
  https://www.facebook.com/profile.php?id=61578290176109 - 1 monthly event scheduled in Kitsap County for adults 21+ at Ashley's Pub in Bremerton.

Neurodivergent Safe Space | Facebook
https://www.facebook.com/groups/937353339442294

For people 18+ to meet monthly at the Bremerton MLK Jr Library

Tommy Debord Story Hour for People with Disabilities
https://www.facebook.com/profile.php?id=100069808065851

Tommy hosts events for people with or without disabilities.

Reddit

Reddit is an online forum where people can ask questions, provide advice and share experiences.

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/aspergers/

Facebook

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

Training

Videos, books, and useful websites

KCPC and Monica Meyer Autism Workshops

https://www.youtube.com/playlist?list=PLXsfXGERlnonbjvvNXU6WDrUwlMAEGLqk

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/

- Could I Be Autistic - Fill out the registration in order to watch the 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

Many of these 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/

Online guide, free

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."

KCPC has a hard copy to lend. Contact us at mhughes@hollyridge.org

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

Autistic Self Advocacy Network (ASAN)

https://autisticadvocacy.org/

A national organization. There are no chapters in Washington. To create a chapter, a group must exist for a year, meet monthly, then apply and pay an annual fee.