

Post-assessment support

Identifying of autism is only the beginning of the journey. Many clients prefer to engage in post-assessment support through therapy that is specifically neuroaffirmative to further explore and understand their own presentation of ASC, their autistic traits, and how these play a role in their lives. They also value the opportunity to reframe and reflect on their experiences via a 'new' perspective, identify ways to cope with their day-to-day challenges and think about how or when to disclose their assessment outcome to other people and how to navigate the future with this newfound knowledge.

Resources

For Information, Support and Community:

National Autistic Society: <https://www.autism.org.uk>

Useful reading materials:

The following books may help understand the experience of being an autistic adult:

- Late Bloomer: How an Autism Diagnosis Changed My Life by Clem Bastow
- Divergent Mind: Thriving in a World that Wasn't Designed for You by Jenara Nerenberg
- Autism in heels: The Untold Story of a Female Life on the Spectrum by Jennifer Cook O'Toole
- I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults by Cynthia Kim
- Women and Girls with Autism Spectrum Disorder Understanding Life Experiences from Early Childhood to Old Age by Sarah Hendrickx
- Spectrum Women: Walking to the Beat of Autism Edited by Barb Cook and Dr. Michelle Garnett
- Camouflage: The Hidden Lives of Autistic Women by Sarah Bargiela
- An Adult with an Autism Diagnosis: A Guide for the Newly Diagnosed by Gillian Drew
- The Guide to Good Mental Health on the Autism Spectrum by Emma Goodall and Jane Nugent.
- The Complete Guide to Asperger's Syndrome by Tony Attwood
- Developing Talents: Careers For Individuals with Asperger Syndrome and High functioning Autism by Temple Grandin
- Neurodiverse Relationships: Autistic and Neurotypical Partners Share Their Experiences by JoAMa Pike and Tony Attwood
- What does it mean to be neurodiversity affirmative by the British Psychological Society: <https://www.bps.org.uk/psychologist/what-does-it-mean-be-neurodiversity-affirmative>

- 100 Books to explore autistic identity:
<https://notanautismmom.com/2022/01/15/books-for-autistic-adults/>

Social media platforms:

There are also many podcasts, social media accounts, and online videos relating to autism. Many of them feature or are organised by autistic people, including celebrities identifying as autistic. The following has received good feedback from clients and is a good place to start:

- Robyn Steward's podcast, '1800 Seconds on Autism':
<https://www.bbc.co.uk/programmes/p06sdq0x>
- Hannah Gadsby, celebrated comedian, on her late-life autism identification:
https://www.youtube.com/watch?v=PaT__mzkHbA
- Expand the Circle Blog: <https://www.expandthecircle.co.uk/neurodiversity-blog/autism-spectrum-adult-now-what>
- The Curly Hair Project: <https://thegirlwiththecurlyhair.co.uk/>
- The Autistic Life's podcast: <https://podcasts.apple.com/gb/podcast/the-autisticlife/id1553939689>
- Autistic and Unapologetic blog: <https://autisticandunapologetic.com/>
- Ted Talks video collection: https://www.ted.com/playlists/153/the_autism_spectrum
- Instagram account Atypical Erin: <https://www.instagram.com/atypical.erin/?hl=en-gb>
- Reddit: Autistic 'subreddit' groups offer a fun and unique place for autistic voices to connect with each other.