

Autistic Resources & Further Information



Mental health support

<https://www.gamian.eu/wp-content/uploads/GAMIAN-Europe-Mental-Health-Support.pdf>

<https://www.gamian.eu/wp-content/uploads/Top-Tips-Quality-Of-Life-Booklet.pdf>

A good resource for mental health support and information – Europewide.

<https://coachingsuicideawareness.com/dont-die-esummit-2021/> In support of World Suicide Prevention Day, the recently formulated non-profit Coaching Suicide Awareness (CSA) held its first e-summit on September 10, 2021.

<https://asperger.asn.au/2019/02/are-autistic-people-being-misdiagnosed-with-borderline-personality-disorder/> Article discussing the overlap between BPD and autism and why some women may be misdiagnosed with BPD.

<https://www.authenticalllyemily.uk> Emily's website discusses topics around autism and mental health.

Autism organisations

<https://www.autism.org.uk> The National Autistic Society of the UK.

<https://mindsandhearts.net> Clinic in Australia run with Professor Tony Attwood.

<https://www.s4nd.org> A recently created online UK organisation and community of neurodiverse or neurodivergent people. Has a wonderful mission statement. Become a member for free to access services, groups of interest, online events, support and networks. Also open to English speakers abroad.

<https://autact.co.uk> An autistic led theatre company.

<https://positivepda.com/joanna-grace/> Sensory engagement and inclusion specialist

<http://aspergerfoundation.org.uk> Based in London, a website with some useful information about Asperger's syndrome.

<https://www.autangel.org.uk> UK based organisation but has regular online webinars.

<https://www.aane.org> Education and support for autistic people.

<https://www.autismeurope.org> Autism Europe.

<https://autismevlaanderen.be> Autism Flanders (Dutch language)

<https://www.pasform.be/home> Flemish autism organisation (Dutch language)

<http://ndnursesuk.org> An organisation specifically for neurodiverse nurses in the UK.

<https://www.facebook.com/groups/1581193268665674> Facebook groups.

Articles & useful websites:

<http://www.tonyattwood.com.au/about-aspergers> Tony Attwood is well known and respected in autism circles.

<http://www.autism.org.uk/about/what-is/asperger.aspx> A good article explaining what Asperger's is. From the National Autistic Society in the UK. (NAS)

http://www.lifeonthespectrum.net/blog/?page_id=775 This isn't a diagnostic list, but it is a list of how many Aspies feel.

http://www.lifeonthespectrum.net/blog/?page_id=1001 Another good little article about getting a diagnosis. This is also an excellent website for information and not just if you are in the UK.

<http://www.autism.org.uk/about/diagnosis/adults.aspx> Article from NAS explaining the diagnostic procedure. UK specific for services and support but otherwise very relevant.

<https://the-art-of-autism.com/autistic-people-empathy-whats-the-real-story/> Discusses the empathy myth.

<https://everydayaspie.wordpress.com/2016/06/15/autism-lesser-known-facts/> Very good summary.

<https://www.yorku.ca/health/lab/ddmh/wp-content/uploads/sites/407/2021/04/Mental-Health-Literacy-Guide-for-Autism.pdf> A mental health literacy guide for autism.

<https://www.radiotimes.com/tv/documentaries/chris-packham-reveals-the-reality-of-living-with-aspergers-and-his-romantic-plan-to-be-reunited-with-his-dogs-after-he-dies/> Radio Times article about autistic naturalist and TV presenter, Chris Packham.

<https://devonprice.medium.com/autism-is-not-my-personality-839581682371>
<https://medium.com/@devonprice/autistic-superpowers-d0bb49caae7a>
Devon Price writes good quality articles on Medium.

<https://childrenscampusgreenville.com/blog/how-to-be-an-ally-during-autism-awareness-month/> Article discussing how to be a good autism ally.

<https://royalcircleofautism.wordpress.com> The Royal Circle of Autism ‘Outpourings of an autistic mum to three kids all on that glorious spectrum, that the middle one renamed The Royal Circle of Autism!’

http://www.lifeonthespectrum.net/blog/?page_id=1988 Why it’s OK to want a diagnosis.

<https://www.aspiehelp.com/going-to-hospital.html> An article about the specific needs of autistic people when going to hospital.

<https://themighty.com/2016/08/how-i-calm-myself-down-as-a-person-on-the-autism-spectrum/> Erin McKinney discusses ways to help us calm ourselves.

<https://edition.cnn.com/2017/04/02/health/autism-women-laura-james/index.html> Laura James talks about her late diagnosis of autism as an adult with hEDS.

<https://www.sbs.com.au/news/feature/different-way-thinking> Discusses the need to embrace autism and neurodiversity.

<https://www.theguardian.com/commentisfree/2019/apr/23/greta-thunberg-autism> Guardian article about Greta Thunberg.

https://themighty.com/2019/04/autism-awareness-month-listen-autistic-people/?utm_source=newsletter_autism&utm_medium=email&utm_campaign=newsletter_autism_2019-04-24 This article discusses how important it is to listen to autistic people themselves.

https://www.theguardian.com/society/2020/nov/11/siena-castellon-autistic-people-are-really-struggling-with-how-un-certain-things-are?CMP=Share_AndroidApp_Other Siena Castellon discusses various important topics around autism.

<https://www.autistichoya.com/2011/08/significance-of-semantic-person-first.html>: Discusses the semantics of autistic person vs person with autism.

<https://www.autism.org.uk/what-we-do/help-and-support/how-to-talk-about-autism>

<https://the-art-of-autism.com/reframing-autism/> Holly Bridges is a neurodivergent author, teacher and therapist who works to promote a greater appreciation of autism and Aspergers.

<https://zebr.co> Holly Bridges explains, "When we are in a flight/fight or immobilised state, our executive functioning, cognitive function, connection to self, ability to connect with others all go offline. When we restore the body to a more comfortable state, we gain more access to ourselves and to our capacity to be in the world."

<https://medium.com/autistic-discovery/the-anatomy-of-an-adult-autistic-meltdown-260b35c2121> Discusses autistic meltdowns.

www.autistic-ness.com Everything you ever wanted to know about autism, but were afraid to ask.

Articles about children, schools, parents and teachers

<https://reframingautism.org.au/talking-to-children-about-autism/> How to talk to children about autism.

<https://www.autism.org.uk/advice-and-guidance/professional-practice/autism-awareness-school> Autism awareness and support in primary school. Sandra Craig, Principal Teacher of Additional Special Needs at Riverside School, Stirling, gives an insight into The Autism Provision Gang (AP Gang). The project involves a group of children who lead the school on autism awareness and acceptance.

<https://www.autism.org.uk/advice-and-guidance/professional-practice/sensory-classroom> Sensory challenges in the classroom.

<https://www.autism.org.uk/advice-and-guidance/professional-practice/teachers-diagnosis> How to spot autism in the classroom.

<https://www.autism.org.uk/advice-and-guidance/professional-practice/toileting> Toileting advice for autistic children.

Self-tests and articles about signs and symptoms

These are not diagnostic but are guides to help you decide if you may need to pursue a full autism assessment. More female specific lists can be found in the women and girls' section.

<https://www.wired.com/2001/12/aqtest/> Autism Quotient Test (AQ test)

<https://www.aspietests.org>

https://www.autismresearchcentre.com/arc_tests

Autism events

<http://www.autscape.org> Annual event over several days, run by autistic people, for autistic people. Usually in person in the UK but has been online for the past two years.

<https://www.autminds.nl> Annual event run by autistic people for autistic people in the Netherlands. Mainly in Dutch but sometimes partly in English.

<https://www.autreat.com> Annual event by autistic people for autistic people in the US.

Specific to autistic women & girls

<https://www.theguardian.com/society/2018/sep/14/thousands-of-autistic-girls-and-women-going-undiagnosed-due-to-gender-bias> Guardian article discussing why women and girls are so underdiagnosed:

<https://www.theguardian.com/lifeandstyle/2019/apr/28/girls-women-autism-diagnosis-aspergers> Another Guardian article discussing the differences for autistic women and girls:

<https://awnnetwork.org/autistic-women-misdiagnosis-and-the-importance-of-getting-it-right/> Cynthia Kim discusses how autism is often misdiagnosed as psychiatric illness in women:

<https://themighty.com/2016/08/getting-an-autism-diagnosis-as-an-adult/> Siobhan Ronan talks about her autism diagnosis as an adult, after going through a diagnosis of borderline personality disorder:

<https://medium.com/@AutisticNess>

<https://www.youtube.com/watch?v=F-BkDKUK56A&t=1s>

One of our members, Vanessa Hughes, talks about her late diagnosis of autism:

<https://www.youtube.com/watch?v=cF2dhWWUyQ4&list=PLVzRKVaclHXr4txRo7Inflji58VlzoTmA&index=99>

Carrie Beckwith-Fellows gives a Ted talk about her late diagnosis of autism.

<https://www.theguardian.com/social-care-network/social-life-blog/2015/sep/16/autism-as-an-adult-on-the-many-days-i-spend-alone-i-forget-how-to-talk> Susan Dunne writes: "I was diagnosed with autism in my 40s. I had no support, and spent a year weeping with regret for what felt like a train wreck of a life..."

<https://youtu.be/NwEH9Ui4HV8> Iris explains what women with autism want you to know.

<https://themighty.com/2018/11/misdiagnosis-girls-autism-spectrum/> Maxine Share discusses the misdiagnosis of girls and women:

<https://www.nowtolove.com.au/celebrity/celeb-news/daryl-hannah-my-battle-with-autism-9323> Actress, Daryl Hannah talks about her own late autism diagnosis.

<https://theestablishment.co/i-thought-i-was-lazy-the-invisible-day-to-day-struggle-for-autistic-women-6268515175f3> Reese Piper talks about her late diagnosis and why she wishes she had been diagnosed as a child:

<https://everydayaspergers.com/tag/samantha-craft/> Autistic woman and writer, Samantha Craft has several websites, blogs and books and a very useful checklist for autism signs in women and girls. Now known as Marcelle Ciampi M.Ed.

<https://www.spectrumwomen.com/latest-news/aspergers-on-the-inside-a-candid-interview-with-author-michelle-vines/> Autistic woman, Michelle Vines writes about autism in women:

https://www.bbc.co.uk/news/resources/1dt-sh/women_late_diagnosis_autism BBC website – autistic women's voices:

<https://www.autisticwomeneverywhere.com> Website with many stories written by autistic women. Also, the home of writer and artist, Michelle Riksman:

<https://www.autistic-ness.com> One of our member's websites, with lots more information about autistic women and girls:

<https://awnnetwork.org/autistic-women-misdiagnosis-and-the-importance-of-getting-it-right/> Another website devoted to autistic women:

<https://www.autism.org.uk/about/what-is/gender/stories.aspx> The National Autistic Society's website, discussing autism and gender:

<https://www.asperger-training.com/sarah-hendrickx> Sarah Hendrickx, autistic woman and expert:

<http://www.aspie.com/presentations.html> Professor Liane Holiday-Wiley is an internationally-renowned author; autism educator, consultant and advocate, and keynote speaker on autism spectrum challenges and supports, females with autism, and adults with autism.

<https://www.templegrandin.com> Dr Temple Grandin, author and speaker on both autism and animal behaviour and professor of Animal Science at Colorado State University.

<https://attwoodandgarnettevents.com/> Dr Michelle Garnett – autistic woman, clinical psychologist and writer.

<https://everydayaspergers.com> Marcelle Ciampi M.Ed (formerly known as Samantha Craft)

<https://youtu.be/yKzWbDPisNk> Girls and Women and Autism: What's the difference? - Sarah Hendrickx

<https://youtu.be/fb5iSHL3vqO> A short video in Dutch. Called Rain Woman.

<https://youtu.be/VzWorS8CdBM> Some women give a voice to the uniqueness of autism in females. Some of the ways we go under the diagnostic radar.

<https://youtu.be/VJHa9xk16Hw> The Chameleons: Women with Autism. Short Australian documentary.

<https://www.youtube.com/channel/UCk5aCrOAppGZ8atiOpgYZ1A> Autistic woman, Yo Samedy Sam has a very informative YouTube channel.

<https://www.youtube.com/c/PurpleElla> Purple Ella – another popular autistic lady on YouTube.

Books:

Asperger's On the Inside by Michelle Vines - A personal memoir by an autistic woman.

Spectrum Women, Walking to the Beat of Autism - A book of personal stories by autistic women, with personal guidance and perspectives by autistic advocates, including Liane Holliday Willey, Anita Lesko, Yenn (Jeanette) Purkis, Artemisia and Samantha Craft. Contributors cover issues including growing up, identity, diversity, parenting, independence and self-care amongst many others. Edited by Barb Cook and Dr Michelle Garnett.

Everyday Asperger's – Life through the eyes of a female with Aspergers. Memoir by Marcelle Ciampi M.Ed (formerly known as Samantha Craft)

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

Camouflage: The Hidden Lives of Autistic Women by Dr Sarah Bargiela

Odd Girl Out: An Autistic Woman in a Neurotypical World by Laura James - Laura's story of being a late diagnosed autistic woman who also has hEDS.

I am AspieWoman: The Unique Characteristics, Traits, and Gifts of Adult Females on the Autism Spectrum by Tania Marshall - This book takes a unique approach by combining imagery, feelings, thoughts and words of Autistic women (and those that love and support them). This book also explores common strengths and challenges. Tania is the author of several more books: <https://taniaannmarshall.wordpress.com>

The Autism-Friendly Guide to Periods by Robyn Steward

Six-Word Lessons on Female Asperger Syndrome: 100 Lessons to Understand and Support Girls and Women with Asperger's by Tracey Cohen

The Secret Life of Rose, inside an autistic head by Rose Smitten – Eleven-year-old Rose has produced a fantastic book with a little help from her mum, who also gives her professional input separate to Rose.

Inner Riches - an Autistic Woman's Experience of Love and Motherloss by Michelle Dorothy Riksman - Michelle tells the story of her amazingly talented, kind and loving late mother as well as a deeply moving personal insight into Michelle's heart wrenching journey of grief and loss after her mother's sudden passing, combined with the intertwined journey leading to an autism diagnosis in middle adulthood. These two events are very much connected and Michelle talks about them both articulately and honestly.

Temple Grandin - Many books!

<https://www.templegrandin.com/templegrandinbooks.html>

A list of books by Liane Holliday-Willey:

https://www.amazon.co.uk/Liane-Holliday-Willey/e/B001K8EMEG?ref=sr_ntt_srch_lnk_17&qid=1573043261&sr=8-17

Other Links

A new radio podcast by Evalynn Charmer, called Autistic Voices

<https://www.ukhealthradio.com/blog/program/autistic-voices/>

A recording of one of Sarah Hendrickx's many useful conferences.

https://www.youtube.com/watch?v=Ki_YOCDIKfU&list=PLVzRKVaclHXr4txRo7Inflii58VlzoTmA&index=27&t=0s

Tony Attwood

<https://youtu.be/LuZFThlOjII>

<http://www.tonyattwood.com.au/about-aspergers>

National Autistic Society (NAS), in the UK.

<http://www.autism.org.uk/about/what-is/asperger.aspx>

<http://www.autism.org.uk/about/diagnosis/adults.aspx>

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Discusses the empathy myth.

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Some self-tests and signs and symptoms questionnaires to help you decide if it worth going for a full diagnostic assessment or not:

<https://www.wired.com/2001/12/aqtest/> Autism Quotient Test (AQ test)

<https://www.aspietests.org>

https://www.autismresearchcentre.com/arc_tests

A good little video with simple to understand pictures of 22 possible symptoms of adult Asperger's.

<https://www.youtube.com/watch?v=Wi1MW6CTJbc>

A good summary of autism.

<https://everydayaspie.wordpress.com/2016/06/15/autism-lesser-known-facts/>

Clinic in Australia run with Professor Tony Attwood.

<https://mindsandhearts.net>

Giuliana Wheeler is an autistic woman and massage therapist
<https://therapiesforspecialneeds.co.uk>

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Further information at www.autistic-ness.com