



# AUTISTIC ADULTS

## Resource Pack for Autistic adults



**More free resources:**

[AUSOMETRAINING.COM](http://AUSOMETRAINING.COM)

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# The Importance of a Good Mirror

By Alice Doyle

[@theautisticpoetess](#)

Before I was a shadow of my being.  
The rest of me was hidden, for safety.  
I internalised the rejecting reflection of  
others

and that created even more fear.  
I never had a good mirror, until now.

A good mirror does not impose  
the reflections of others.  
It helps you to see yourself clearly.

It celebrates your being  
in all its forms of expression  
and, in doing so,  
it allows you to be.

# AUTISTIC ADULTS RESOURCE PACK

## Welcome

Welcome to this resource pack for Autistic adults!

We hope this booklet will be helpful for you if

- you have just found out you are Autistic (through diagnosis and/or self-identification)
- you are wondering if you or a loved one might be Autistic
- you have known that you are Autistic for a while, but are still looking for resources

We hope you will find insights, joy and community through this booklet.

This booklet is divided into 3 sections:

1. *Understanding*: Here you will find some basic information on being Autistic, useful terms and resources.
2. *Self-care*: A lot of us come to our Autistic identities in a time of crisis and burnout. Here you'll find some pointers on how to look after yourself as an Autistic person.
3. *Embracing*: Here you will find ideas on how to cultivate Autistic joy and find community.

Of course, there's only so much that can fit into a tiny booklet like this – we hope the resources at the end will help you dive deeper and connect with the community.

The following resources were compiled by Autistic people at [AUsome Training](https://www.ausometraining.com). You are welcome to share this booklet freely with anyone who might benefit from it, but we appreciate it if you credit us.

# Understanding Exploring being Autistic

If you are new to the possibility of being Autistic, there is probably a lot going on for you – and you are receiving a lot of mixed messages. **It can be confusing and overwhelming.**

Many late-identified Autistic people struggle with ‘imposter syndrome’, feeling like they are not ‘Autistic enough’ to call themselves Autistic.

A lot of us feel the urge to learn EVERYTHING there is to know immediately. It is such an Autistic thing to devour all things Autistic and it becomes our hyperfixation or special interest. **This can be exciting, but also exhausting.**

Realising later in life that there is a ‘name for that’ means that we reassess all our previous life experiences - which often means we open up old wounds to look at them through a new perspective. **It’s important to be careful, kind, patient and find support in order to avoid re-traumatising ourselves.**

Perhaps you aren’t sure where to start, who to talk to about your experience or how your family, friends or coworkers might react. You might not know anyone who is openly Autistic.

Unfortunately, a lot of the information out there looks at being Autistic through a ‘medical’ deficit lens. Being Autistic means we are part of a **marginalised group**. Autistics face stigma, rejection, and exclusion, which can be blatant or more subtle. A lot of the ‘expert’ information out there **is written about us, but without us.**

Being Autistic isn’t a tragedy. Nor is it a superpower. We all have our strengths and struggles. It can be really helpful to connect with other Autistic people of various ages, genders, ethnicities, etc. to learn from their lived experience. It’s an incredible experience to connect with someone who just gets you.

## Exploring being Autistic

Luckily, there is a **vibrant Autistic community** out there sharing their insights. You can connect with Autistic advocates around the world, online and mostly for free. It can be so incredibly freeing and healing to realise that we are not aliens, not broken, not alone.

But please: While you explore this whole new world, please mind your energy levels (see: Spoon Theory), be kind to yourself, and take your time on your unique journey.

## Reframing autism: Common misconceptions

Harmful misconceptions around being Autistic are everywhere - including psychological journals and 'expert' advice. The most common misconceptions revolve around what we allegedly lack. **These harmful ideas exist because people have looked at us and interpreted our behaviours from the outside, without asking us.** The way we communicate, process experiences and relate to the world looks different to theirs, so they assume we must be less capable.

**Here are some of the most common misconceptions:**

1. Autistic people lack empathy.
2. Autistic people lack theory of mind.
3. Autistic people lack social skills.
4. Autistic people lack imagination.
5. Autistic people lack interest in people.

**It's important to always remember that:**

Autistic communication is *human* communication.  
Autistic behaviour is *human* behaviour.  
Autistic needs are *human* needs.

## So what does it mean to be Autistic then?

There are so many ways to describe Autistics and everyone's experience will be different. **In general, Autistics are highly sensitive human beings who live in a world where sensitivity is often perceived as a bad thing.** Humanity very much needs a diverse range of people and we very much need sensitive people in our mix.

Through the lens of **Neurodiversity**, we can see Autistics as valuable, as the wonderful people we really are. We can also begin to understand that much of what people consider to be "autism" are in fact signs of anxiety and the traumatic experience of growing up unaccepted and misunderstood and very often dismissed.

So when we take away all of the by-products of living in an unaccepting world, what we are left with is a community of people who are highly sensitive and highly attuned to the world around us. Our communication reflects this sensitivity and our attunement is reflected in our honest approach to communication. **We are Autistic, we understand the world around us in deeply connected ways and we see everyone as equal to ourselves.**

## Useful terms & concepts

Here are some useful terms and concepts used by members of the Autistic community. Don't worry if you can't wrap your head around everything all at once - it's already a good start if you have at least heard the terms: *(click on a term to go to an external page with more information)*

- **Monotropism**: A theory of autism developed by Autistic people. Monotropic minds tend to have their attention pulled more strongly towards a smaller number of interests at any given time, leaving fewer resources for other processes.
- **Double Empathy Problem**: Explains the harmful misconception that Autistic people lack empathy - Autistic and non-Autistic people experience and express empathy differently, which can lead to misunderstanding.

# AUTISTIC ADULTS RESOURCE PACK

## Useful terms & concepts

- **Social Model of Disability**: Focus on fixing the environment of Disabled people, not 'curing' the Disabled person - we are being disabled by society, by lack of understanding, equality, and accessibility.
- **Diversity in Social Intelligence**: Research has shown that Autistic people do not lack communication skills - we communicate just as effectively amongst ourselves as non-Autistic people.
- **Autistic Inertia**: Autistic minds tend to focus intensely on one thing at a time, which can lead to states of hyperfocus or flow. Autistic inertia explains difficulties with transitions, starting and stopping activities.
- **Autistic Burnout**: According to Judy Endow, Autistic burnout "is a state of physical and mental fatigue, heightened stress and diminished capacity to manage life skills, sensory input and social interactions, which comes from years of being severely overtaxed by the strain of trying to live up to demands that are out of sync with your needs".
- **PDA**: Short for pathological demand avoidance, a pattern of extreme reactions towards demands that often seem small or mundane to others, but can cause extreme anxiety and stress in Autistics with a PDA profile.
- **Rejection Sensitive Dysphoria**: An intense reaction to real or perceived rejection or criticism that can be so strong that it becomes physically painful and all-consuming.
- **Neurodiversity**: The diversity of human neurology ('biodiversity of brains and nervous systems'). It encompasses all human beings.
- **Neurodiversity movement**: A rights movement that advocates for the acceptance of neurodiversity and neuro-minorities in society.
- **Neurodivergent**: Describes a person whose neurology diverges from the perceived standard - a broad term that encompasses Autistics, ADHDers, Dyslexia, Dyspraxia, Epilepsy, Tourette's, Mental Health Conditions, etc.
- **Neurodiverse**: A group of people with various neurotypes. An individual cannot be neurodiverse because they are only one person.



## **Harmful terms & concepts**

- **Social Skills Training:** The aim of these programs is usually to make Autistic people conform to non-Autistic social standards. They teach Autistic people that Autistic ways of communication are wrong and have to be corrected and hidden. Long-term, this often leads to Autistic burnout and mental health problems.
- **ABA, PBS, other behaviourist interventions:** These are 'conversion therapies' that cause immense harm. Usually, these programs are compliance based, not consent based. They train Autistic people to perform acts using rewards (and punishment), in order to change 'Autistic behaviour' that is deemed unacceptable. Interactions are often purely transactional and Autistic people's bodily autonomy is often disrespected.
- **Mild and severe autism / high- and low-functioning:** Severity and functioning levels do not tell others anything about a specific person's wishes and needs. 'Mild' and 'high-functioning' are often used to deny an Autistic person support. 'Severe' and 'low-functioning' are used to deny an Autistic person's agency and humanity.
- **Have autism, suffer from autism, autism epidemic:** Person-first language was historically well intentioned, but isn't used by the majority of Autistic people anymore. Being Autistic is seen as an essential part of who we are, not something we 'have', like a horrible ad-on that can be taken off to reveal a 'normal person'.
- **Autism causes, cures and treatment:** While genetic research can be fascinating and very useful when it comes to helping with co-occurring medical conditions, it is often used to look for a cure or treatment of autism. Being Autistic cannot and should not be cured or treated. Many Autistic people advocate for funds to be used on research into Autistic wellbeing instead.

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## Co-occurring experiences

Finding out that we are Autistic often comes as a 'package deal'. For many of us 'late-in-life' Autistics, it is the first opportunity we get to really explore who we are on a deeper level, beyond surviving and masking. Here are some neurotypes, health conditions, and identities that are common among Autistic people.

This is not to suggest that you or any individual will be or have any of these, it is simply a common experience, so it might be worth keeping in mind on your journey.

### **Commonly co-occurring neurodivergences & 'neuro-experiences':**

- ADHD (huge overlap!)
- Dyslexia, Dyspraxia, Dysgraphia, Dyscalculia
- Prosopagnosia ('face blindness')
- Time Blindness
- Aphantasia/Hyperphantasia (absence of 'mind's eye' or abundance)
- And many more

### **Commonly co-occurring conditions:**

- Anxiety
- Depression
- OCD
- c-PTSD
- Migraines
- Addictions & Substance use
- Eating Disorders
- Apraxia
- **Ehlers Danlos Syndrome, especially hypermobile EDS**
- Dysautonomia, POTS
- MCAS
- Insomnia & sleep issues
- Gastrointestinal issues (IBD, IBS, etc.)
- And many more

### **Commonly co-occurring identities:**

- gender, romantic & sexual identities that are part of the LGBTQ+ community, being trans, non-binary, aromantic, asexual, lesbian, gay, bi, pan, etc.

# Self-care

## Sensory profile

Those of us who find out we are Autistic later in life often do so during **a time of extreme crisis or Autistic burnout**. In these times, we can become particularly sensitive to sensory input - or we might have been sensitive all along but were living in survival mode for so long that we suppressed it.

It can be helpful to explore your current **sensory profile** and do an audit: We are all sensory-seeking, sensory-avoidant and sensory-neutral in our own unique ways. How we feel can also vary from day to day or moment to moment.

If you can, take notes throughout the day: Which sensory input stresses you or causes pain? Which sensory input reenergises or relaxes you? Reducing negative input and taking time to engage with positive input can make a huge difference:

Sense	positive	negative
smells		
tastes		
textures		
sounds		
visuals		
movement		

## Sensory clashes


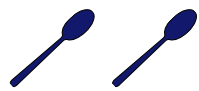


Unfortunately, our sensory needs often clash with those of people around us. It can be useful to do a sensory audit together and discuss clashing needs. There is rarely a perfect solution for these clashes, but awareness of each other's needs can already make a huge difference.

## Spoon theory

Maybe you have heard people say "I'm out of spoons" or "I don't have the spoons for this". Spoon theory is a popular metaphor used by Disabled, chronically ill, and Neurodivergent people to describe their daily energy levels. A 'spoon' symbolises a unit of energy. One day you might wake up with 50 spoons, but another day it might only be 10. Showering might take 5 spoons on a good day, but 10 on a bad day and 15 if you also have to wash your hair.

**The aim is to avoid running out of spoons. If we 'borrow spoons' from our future selves, it will lead to burnout longterm.**

Similar to the sensory audit, note down your daily tasks and events for a week and assign 1-5 spoons to each, depending on whether it cost you energy, reenergised you, or did a mix of both (then note the difference). Hopefully, this will help you identify what works for you and what needs changing.

Activity/event	took spoons	replenish spoons
Missed the bus		
Read a book		
Called a friend		

For people who are not Autistic, Disabled or chronically ill it is important to know that they usually have a lot more spoons in general and use them up less quickly.

[Read about the origins of Spoon Theory here.](#)

## Find what works for you

A lot of 'self-care' advice out there is tailored to non-Autistic people's needs. It can be helpful to follow Autistic advocates online and try out some of their tips. Here are some things that have helped some of us at AUsome:

- **Embrace your flow/hyperfocus:** Many Autistic people aren't multitaskers. It might be best to focus on one task at a time. Starting and stopping tasks can be really draining for many of us. Some people can work on the same task every day for an hour - others need to get into the flow and work on it for 5 hours straight without interruption. Whatever works for you, works for you. Wherever it's possible to adapt your work processes, do so - there's no shame in it. Different things work for different people. You are not less productive if you do things differently.
- **Try out body doubling:** The idea is simple - have another person with you in the room (virtually or in person) while you are working on a task. They can also work on a task of their own. It can be a similar task or something completely different.
- **Know your motivation:** Autistic people tend to be *intrinsically* motivated. It means we do the things we do not for money or status or peer pressure, but because we are **genuinely interested** in the activity itself. On the downside, it can be really hard (or even painful) to do things we are not interested in. Lean into your interests whenever you can to find motivation to do things.
- **Explore your boundaries:** This one's tough, but vital. If you're Autistic, chances are that you have had to ignore your own boundaries a lot. As Autistics, we constantly accommodate others and deny our own reality to protect ourselves. It can be scary to unlearn this. Saying no to someone can trigger our rejection sensitivity. It's okay to get used to it slowly, practise with safe people and prioritise saying yes to yourself. **Also please be kind to your past self who did the best they could with the resources they had.**

## Sharing our news & requesting accommodations

Who do you tell that you are Autistic? When is the best time to do it? And how do you broach the subject? Should you tell a hiring manager before you accept their job offer? Should you tell a potential partner on your first date?

There's no one right answer. It depends on so many factors, but ultimately, **you don't owe anyone your personal information**. So share it if and when you are comfortable.

It can make things easier if you are in control of the setting and the narrative. Choose a location and time that means you and the other person won't be disturbed, hungry, tired or in a rush. You don't have to tell people in person - you could write them an email or a letter. You don't have to surprise them either - you could send them a message outlining what you have to say, let it sit with them for a while so they can process it, then meet up and talk about it.

You can help others understand how you feel about being Autistic by choosing your words in advance. "I was diagnosed with Autism Spectrum Disorder" will probably get you a different reaction than "I have some exciting news: Turns out I'm Autistic!"

If you are disclosing in a work context, you can look into what is often called 'reasonable accommodation' or 'reasonable adjustments' and make a list of supports that will benefit your wellbeing (or from your employer's perspective: your productivity). Citizen information or disability rights organisations near you can help you find out more about your rights. If you are part of a union, you might get support there. If you are studying, consult with your college's disability or access officer.

If you are talking to your family or partner, just be aware that people might have heard lots of frightening misinformation about being Autistic. There's also a possibility that they are in denial of their own Autistic neurology.

Feel free to share this brochure or any resources from the resource section with them to help them understand.

[Download our free employer guide here.](#)

## How to react when someone tells you they are Autistic (for friends & family)

Here are some do's and don'ts of how to react when someone says they're Autistic

### What NOT to say when someone tells you they're Autistic:

- But you don't look Autistic. (It's not the compliment you think it is.)
- When I was young, we didn't have all of this autism stuff... (You did. You just didn't have the words for it.)
- \*Random little boy\* is Autistic and you're nothing like him. (Well, that's because I'm an adult.)
- Well you seem to be getting on fine, it must be mild. (No, it's spicy! And I didn't say I wasn't 'getting on'. Also chances are you haven't seen me without the mask...)
- It's not a disability, it's a superpower! (You mean well, BUT 'disability' is not a dirty word. And expecting every Autistic person to have 'superpowers' is kind of toxic. We don't need to be exceptional to be acceptable.)

### Instead you can do the following:

- **Simply thank the person for inviting you into their life.** They are sharing something important with you, which means they trust you with it. Appreciate their trust.
- **Ask them what being Autistic means to them or how they feel.** Don't tell them what \*you think\* you know about 'autism'. Give them space to share if they want to. Accept if they don't. This is a complex journey for us with complex emotions.
- **Don't assume what an Autistic person likes or needs.** Ask them. Everyone is different. There's no one-fits-all.
- Most importantly: **Simply hold space.** We are not asking you for an assessment or evaluation. You don't need to react with an opinion. Simply listen. (And if you or a loved one are Autistic too, you can of course bring it up, but give the other person some space to share first.)

# Embracing Rediscovering Autistic Joy

When we first discover that we are Autistic, we often focus on damage control. There are so many things in life that don't serve us and it can be hard to change them.

It can be really helpful - and wonderful - to focus on the joys of being Autistic.

As Autistic people, we experience the world and our connections more intensely. This can be an amazing thing. Two ways to reconnect with our Autistic joys are **SpIns** and **stims**:

## **SpIns ('special interests')**

Some people don't like the term 'special' as it might be associated with 'not being normal'. Whatever you call them, a lot of us have intense passions and interests! Some of us only have one specific interest, others circle between a dozen interests. Maybe you don't have a special interest because you are burnt out or because you were bullied for your interests as a child? Or maybe you were told as an adult that your interest is childish and not age appropriate?

It can be really beneficial to explore our interests. And it can be a great way to connect with other Autistic people. Find a community that engages in your interest (online or offline). It can also be fun to organise lightning talks - short 5-7 minute long talks where everyone can share some pictures or words about their interest.

## **Stims**

People bounce their leg, rub their nose, click their pens. Almost everybody stims. Stimming isn't an Autistic thing, it's a human thing - Autistics are just really good at it ;-). Maybe you stop yourself from stimming because you've been told that it's 'weird'. But it can be really beneficial - and joyful. Have a look at our stim poster to find out more:



# STIMMING

## A human response to the environment

### F U N C T I O N S

Soothe

Stimulate

Express emotions

Communicate

Take in information

Process information

Store information

Recall information



### TYPES

#### VOCAL



humming, throat clearing, singing one line of a song or text, drawing out sounds, breath holding, etc.

#### MENTAL

singing in your head, thinking about special interest, wordplay, rhyming, etc.



#### PHYSICAL



hand flapping, pacing, staring, finger clicking, swinging legs, chewing, tongue clicking, sticking out tongue, jumping, doodling, twirling hair, clapping, etc.

#### AUDITORY

listening to the same song or piece of music, snapping fingers, tapping, repeating words, singing, tongue clicking, etc.



#### TACTILE



scratching, pinching, picking, thumb sucking, rubbing feet together, touching, rubbing, etc.

#### VISUAL

head tilting to see from different angles, waving hand in front of face, looking at glitter, lights, reflections, etc.



#### OLFACTORY



smelling, sniffing, etc.

### EXTREME



Extreme stims are not for pleasure, processing information, etc.

They are a sign that the Autistic person is suffering and their needs are not being met.

They're not an Autistic trait, they're a common human response to extreme distress.

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## Unmasking - a message to everyone

It can be incredibly liberating to finally drop the mask and live our authentic Autistic lives. But it's easier said than done and we need to acknowledge the reasons why we mask.

If you find out you are Autistic later in life, you are usually met with one message: Unmask. Be your authentic self. Speak your truth. Don't care what others think.

But in an instant, liberation becomes a demand. 'Being yourself' feels like another task we fail at. Who even am I? After a lifetime of masking, it's hard to know who this 'true self' is.

It's easier said than done when being yourself has got you bullied, excluded, and harmed in the past. Yes, unmasking is wonderful – at our own pace!

**Masking is not deception. It's self-protection.** And it's not always safe to unmask. It can be dangerous: physically, emotionally, and financially.

Autistic people rarely only wear one mask. Masks come in layers: If you are Autistic and a person of colour... or a woman... or queer... or poor... or multiply Disabled... you wear more than one mask. And unmasking poses additional dangers.

### **A message for everyone:**

If you say you accept Autistic people the way they are...

... but then you don't stand up for us

... but then you fire us for not being like everyone else

... but then you exclude the "weird kid" from your group

... but then you don't respect non-speakers' communication

... but then you turn a blind eye to racism, homo-, bi-, and transphobia

... but then you get offended if we call you out on it

you don't accept Autistic people. You'd just like to think you do.

It is not safe for any marginalised group to unmask in front of those who hold power over us.

**Instead of just asking Autistics to unmask, we need to create a society where it is safe to do so for everyone.**

[Read this excellent post on masking and Autistic burnout by Kieran Rose.](#)

# AUTISTIC ADULTS RESOURCE PACK

## Finding community

One aspect of self-care that is often overlooked is access to community.

Nothing compares to finding your **neuro-kin**. Being in a room with people who just get it. Who don't judge, because they've been there. Who think that the way you are is perfectly okay. Shame is a social emotion. We heal from it through connection. It's incredibly freeing to share something we are ashamed of - only to hear that most others in the room can relate, and always thought they were the only one.

Autistic people are often portrayed as 'living in their own world'. When really, nobody is more connected to this world than us. But we face rejection time and time again, so we might withdraw into 'our own worlds' as a response.

Autistics can be as intro- or extroverted as anyone else. It really often depends on the social context.

### So where do you find Autistic community?

The Internet has probably been the most important social space for the Autistic community. It allows for different ways of communication and we can connect across borders. Most Autistic people will consider 'online friends' real friends. And most Autistic-led spaces are open to self-identified Autistics.

- Look for **Autistic-led groups** on Discord, Meetup.com, Facebook or regional platforms
- Follow **Autistic advocates** online
- Join an **Autistic book club** online
- Join **groups and communities based on your interests** - chances are some members will be Autistic
- Attend **Autistic-led events** such as conferences like Autscope (in person or sometimes online)
- Join more general **Disabled-led groups** and communities - we all have a lot in common, even if not everyone will be Autistic
- Join **LGBTQ+ groups** if applicable - there is a huge overlap with the Autistic community

We hope this booklet has been helpful for you. Please find a selection of Autistic resources below:

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## Further resources

*(external third-party links are unaffiliated with AUsome Training)*

### Communities

- [AutScape](#): Annual Conference in the UK
- [Narratives of Neurodiversity Network](#): Discord Server about writing
- [Neuro Pride Ireland](#): Volunteer-led organisation, annual festival
- [That Au-some book club](#): Online book club
- [The Autistic Art Club](#): Ireland based, Autistic led events online/in person

### Autistic advice (open to non-Autistics)

- [AAC Users & Allies Ireland](#)
- [Ask me, I'm an AAC user](#)
- [Ask Autistic Adults: Resources for parents](#)
- [Autism Inclusivity](#)

### Mental health support

- [AUsome Directory](#): Therapists trained by us (worldwide)
- [Institute for Autism-informed Training & Therapy](#)
- [Thriving Autistic: Coaching & Therapy](#)

### Books

- [Extensive Spreadsheet of Recommendations by Neuro Pride Ireland](#)
- [Extensive Book List for Autistic Adults](#)
- [Autistic Community and the Neurodiversity Movement](#) (free)
- *Autistic Masking: Understanding Identity Management and the Role of Stigma* by Kieran Rose and Amy Pearson PhD
- *Avoiding Anxiety in Autistic Adults* by Dr. Luke Beardon
- *Diary of a Young Naturalist* by Dara McAnulty
- *Different, not less* by Chloé Hayden
- *Drama Queen: One Autistic Woman and a Life of Unhelpful Labels* by Sara Gibbs

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## Books

- I will die on this hill - Autistic Adults, Autism Parents, and the Children who deserve a better World by Meghan Ashburn and Jules Edwards
- Letters to My Weird Sisters: On Autism and Feminism by Joanne Limburg
- Loud Hands: Autistic People Speaking (Anthology) Julia Bascom
- Neuroqueer Heresies by Nick Walker
- Queerly Autistic: The Ultimate Guide for LGBTQIA+ Teens on the Spectrum by Erin Ekins
- Sincerely, your Autistic child by Emily Paige Ballou, Sharon Davenport, Morénike Giwa Onaiwu
- Speechless by Fiacre Ryan
- Standing Up for Myself by Evaleen Whelton
- Stim: An Autistic Anthology edited by Lizzie Huxley-Jones
- Supporting Transgender Autistic Youth and Adults by Finn Gratton
- Trans and Autistic: Stories from Life at the Intersection by Noah Adams and Bridget Liang
- Typed Words Loud Voices edited by Amy Sequenzia & Elizabeth J. Grace
- Understanding Autistic Burnout by Viv Dawes
- We're Not Broken: Changing the Autism Conversation by Eric Garcia
- What Do You Love Most About Life? Compiled by Chris Bonello
- What I Mean When I Say I'm Autistic by Annie Kotowics

## Blogs & Websites

- [AUsome Training Blog](#)
- [Autistamatic](#)
- [Autistic, not weird](#)
- [Communication First](#)
- [Infinite Diversity](#)
- [Lives in the Balance](#)
- [NeuroClastic](#)
- [Neurodivergent Rebel](#)
- [Neurodiversity Training International](#)
- [Not an Autism Mom](#)
- [Reframing Autism](#)
- [The Autistic Advocate](#)
- [Therapist Neurodiversity Collective](#)

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## Facebook

- [Auacademy](#)
- [Ausome Bullhorn](#)
- [AUsome Training](#)
- [AutAngel](#)
- [Autie-biographical Comics](#)
- [Autistically Minded](#)
- [Autistically Scott](#)
- [Autistic and living the dream](#)
- [Autistic, Typing](#)
- [Autistic Women & Nonbinary Network](#)
- [Black Girl, Lost Keys](#)
- [Communication First](#)
- [Greg Santucci, OT](#)
- [I CAN Network](#)
- [I've been Autistic all along?](#)
- [Kristy Forbes - Autism & ND Support](#)
- [Life through my Lens](#)
- [NeuroClastic](#)
- [Neurodivergent Rebel](#)
- [NeuroWild](#)
- [Nigh.functioning.autism](#)
- [Reframing Autism](#)
- [Spectrum Gaming](#)
- [Spectrumy](#)
- [The Autistic OT](#)
- [The Autistic Teacher](#)
- [The Neurodivergent Teacher](#)
- [The Occuplaytional Therapist](#)

**Connect with AUsome Training:**



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## Instagram

- [ADHD Alien](#)
- [A spoonful of pain](#)
- [Autistic Book Club](#)
- [My Autistic Soul](#)
- [My Neurodivergent Soul](#)
- [Neuro Divers](#)
- [The Blindboy Podcast](#)

## Twitter/X

- [Ann Memmott \(autism research\)](#)
- [#Actually Autistic](#)
- [#AskingAutistics](#)
- [#AutisticTwitter](#)
- [auti.thinking](#)
- [Blezzing Dada-BIPOC Irish Mental Health Activist](#)
- [GymRobCom](#)
- [Niamh Garvey](#)

## YouTube

- [How to ADHD](#)
- [Jessica Kellgren-Fozard](#)
- [Jessie Gender](#)
- [Neuro Pride Ireland](#)
- [not so typical kate](#)
- [Pleasant Peasant Media](#)
- [Ponderful](#)
- [Purple Ella](#)
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