

Chameleons in Camouflage:

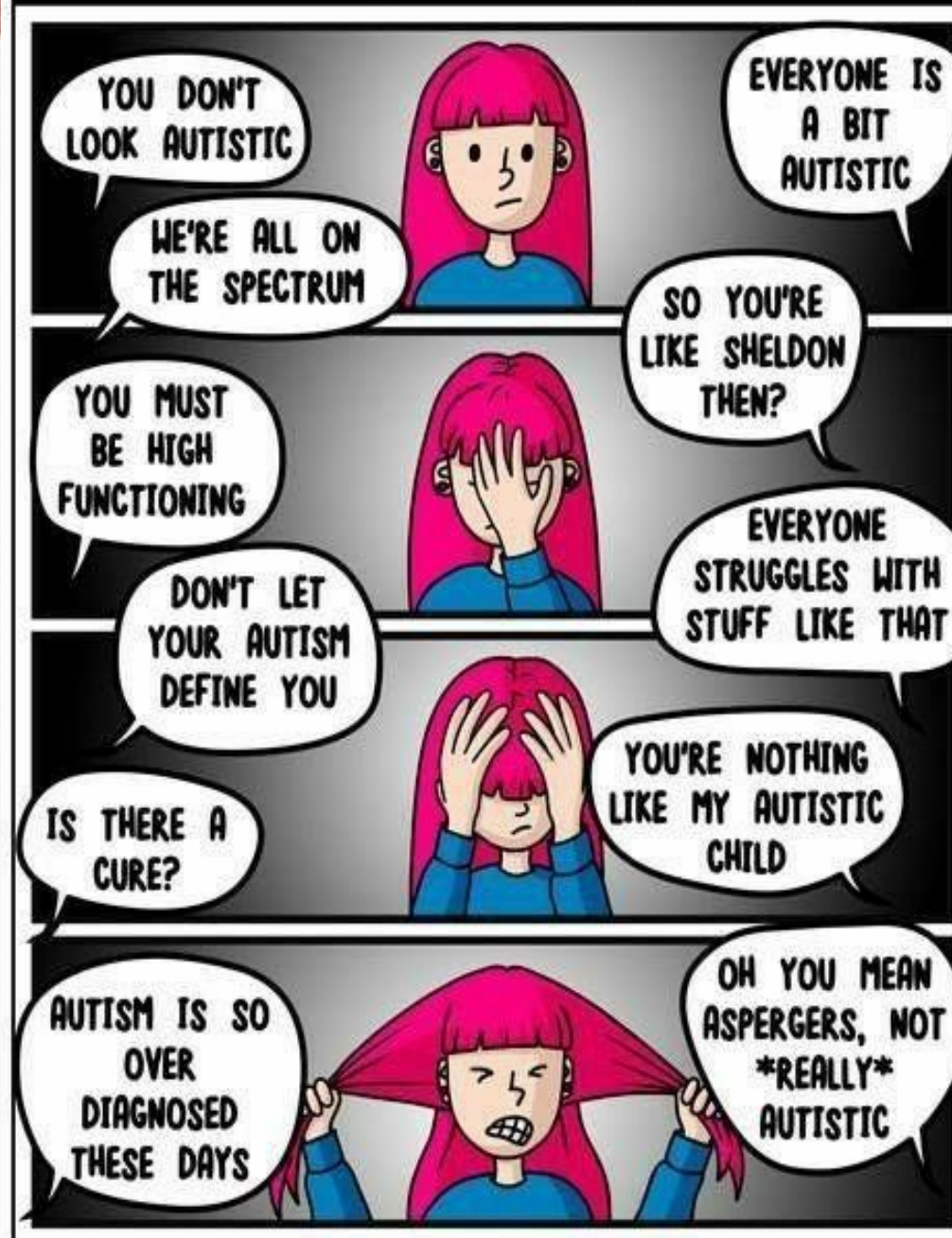
Females on the Autism Spectrum







WHAT NOT TO SAY TO AN AUTISTIC PERSON





AUTISM
SPEAKS®

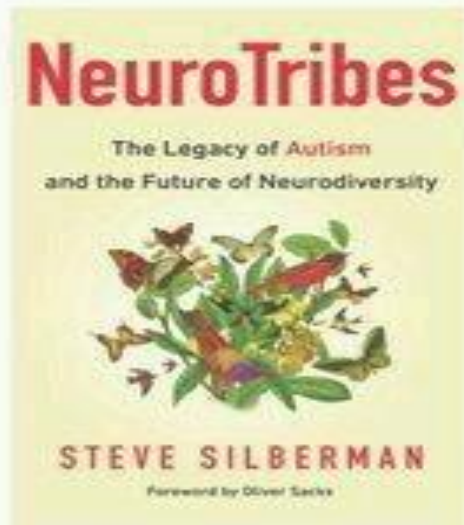


AUTISM



*We're people,
not puzzles!*

Support These:



Not This



#NothingAboutUsWithoutUs

Who do *you* see?



"a student
with autism"

"an
autistic
student"



Be the voice of equity, acceptance and respect:
Use **PERSON-FIRST TERMINOLOGY**

SCCOE Policy: In writing or speech, place the person *before* the label.



Santa Clara County
Office of Education

www.sccoe.org



INCLUSION
COLLABORATIVE

www.inclusioncollaborative.org

SIGNS OF AUTISM



ISSUES WITH COMMUNICATION.
CHILD DOESN'T RESPOND HIS/HER NAME



PREFERS TO BE ALONE



TROUBLE INTERPRETING WHAT
OTHERS FEEL



REPETITIVE MOVEMENTS
OR SPEECH PATTERNS



AVOIDING EYE CONTACT



SENSITIVE TO
LOUD NOISES



ECCENTRIC WAY
OF MOVING

The Three Functional Levels of Autism

ASD Level 1

Requiring Support



difficulty initiating social interactions

organization and planning problems can hamper independence

ASD Level 2

Requiring Substantial Support



social interactions limited to narrow special interests

frequent restricted/repetitive behaviors

ASD Level 3

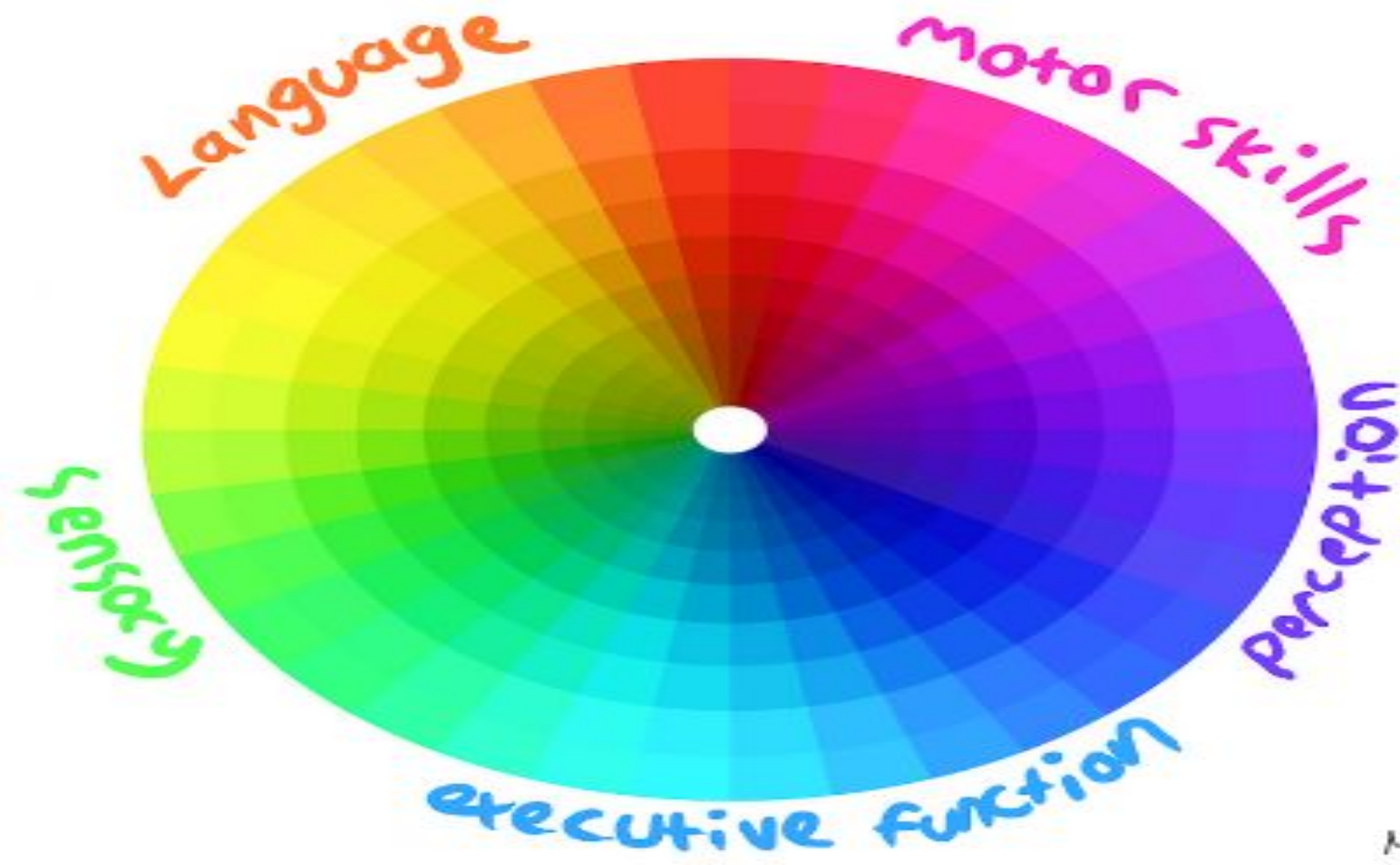
Requiring Very Substantial Support



severe deficits in verbal and nonverbal social communication skills

great distress/difficulty changing actions or focus

What does the autism spectrum look like?



Circular spectrum by
Rebecca Burgess
Montage @sciencebase

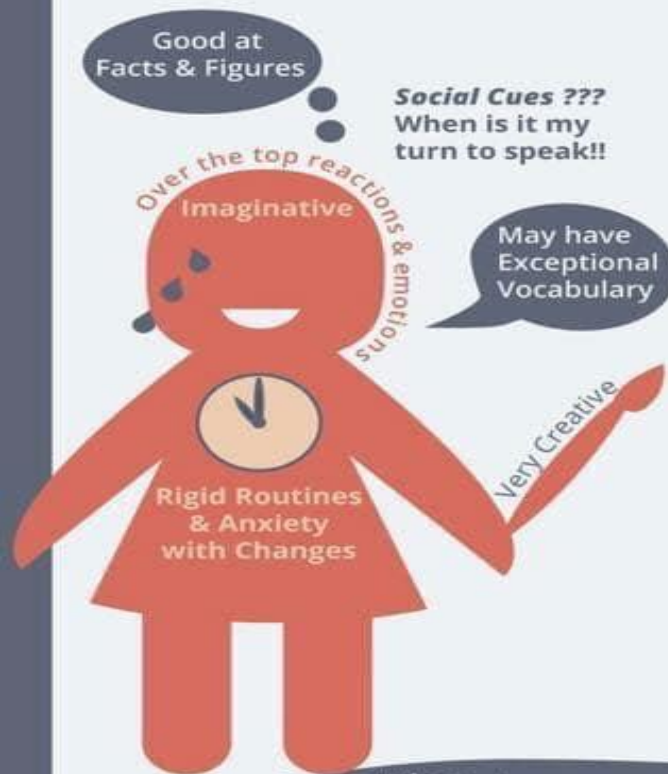






EMBRACING MY NEURODIVERGENT MIND BY BARB COOK

Traits in *Female* Autism



Sensory Difficulties A sensory overload can cause severe anxiety & meltdowns



Difficulty with changes in light



Difficulty with sounds



Difficulty with certain smells



Issues with tastes and food texture



Issues with the feel of fabrics and objects

Special Interests (Obsessive)



Often different to male autism. Interests include writing, animals, songs, tv and art.

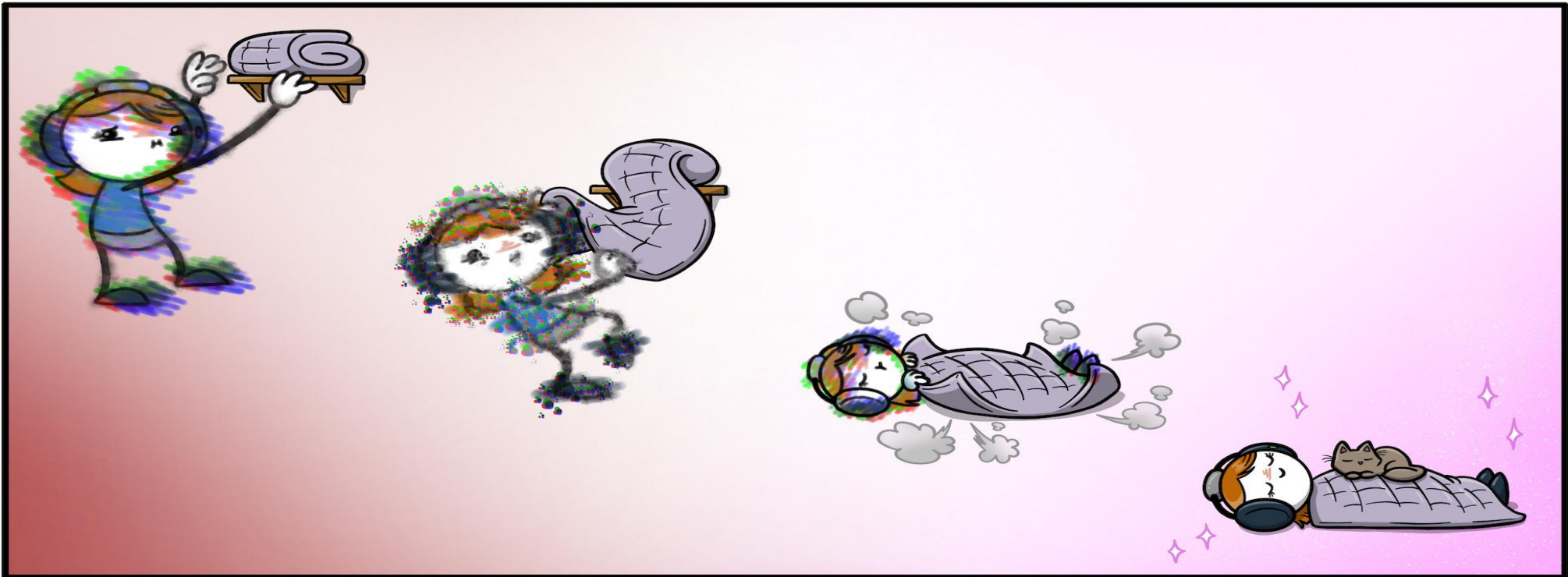
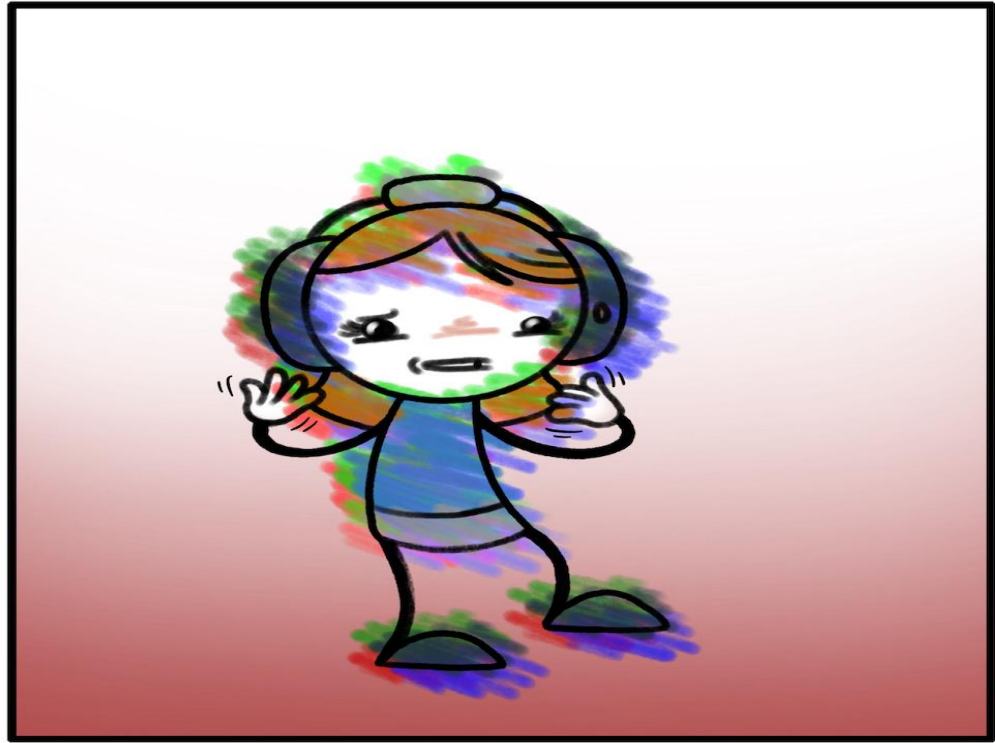
OTHER COMMON ISSUES

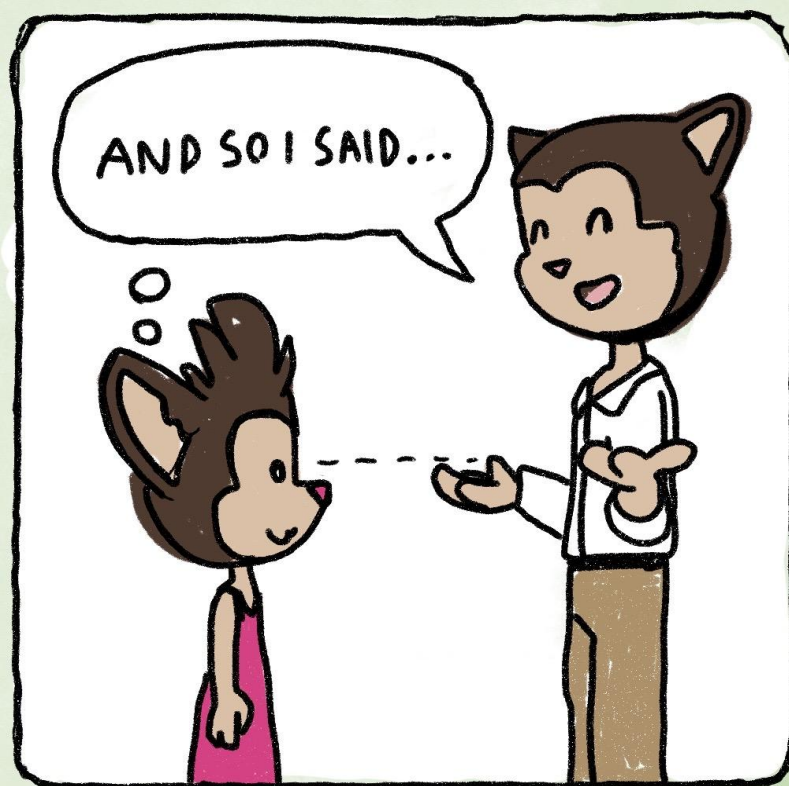
**ANXIETY
DEPRESSION
EATING
DISORDERS**

Sources: national autistic society.co.uk, autism.org.uk, thelittleblackduck.com.au. The hub article Louise Petty 2016 and personal experience.

Designed by,
Karen Baker © 2018
karenbaker.co.uk

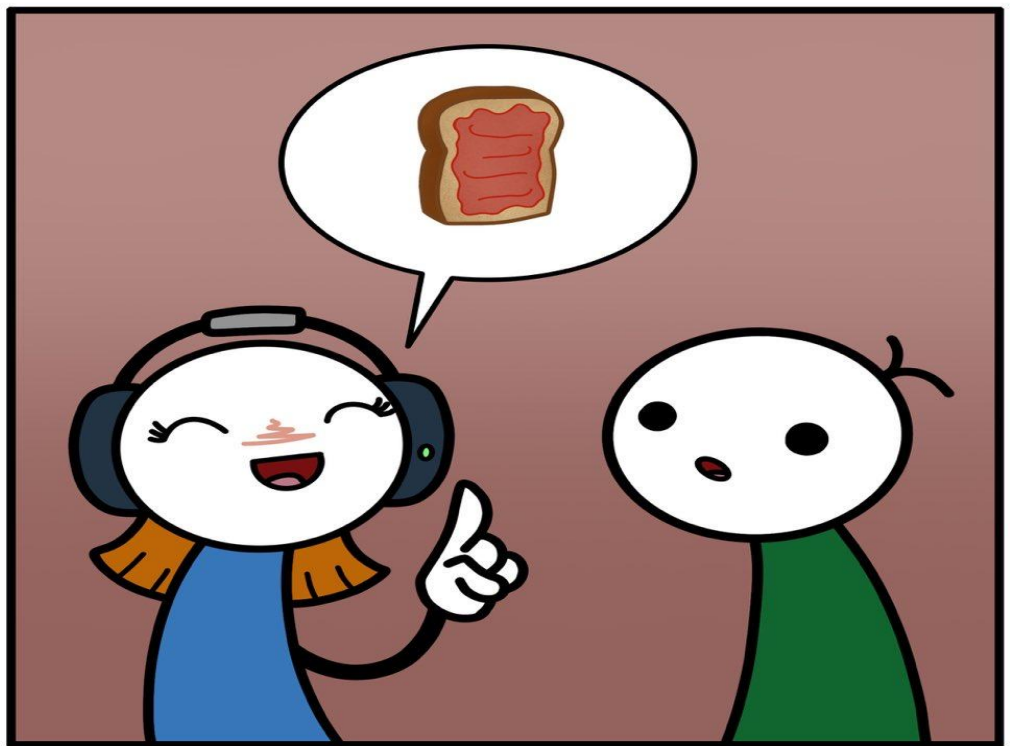
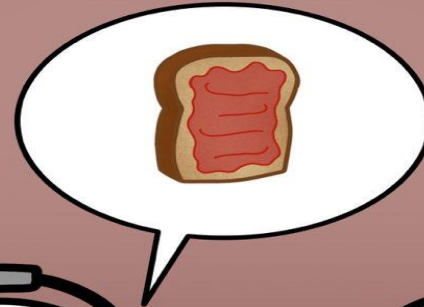
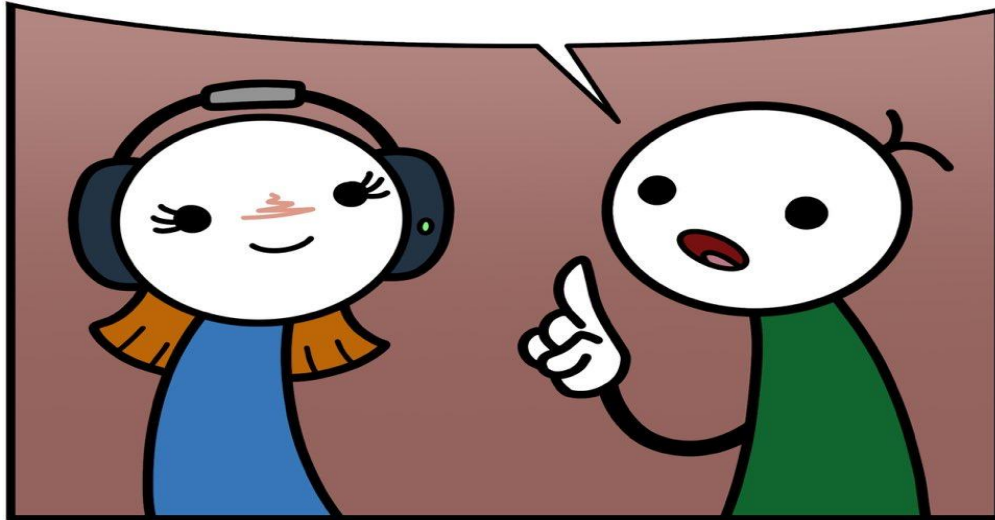




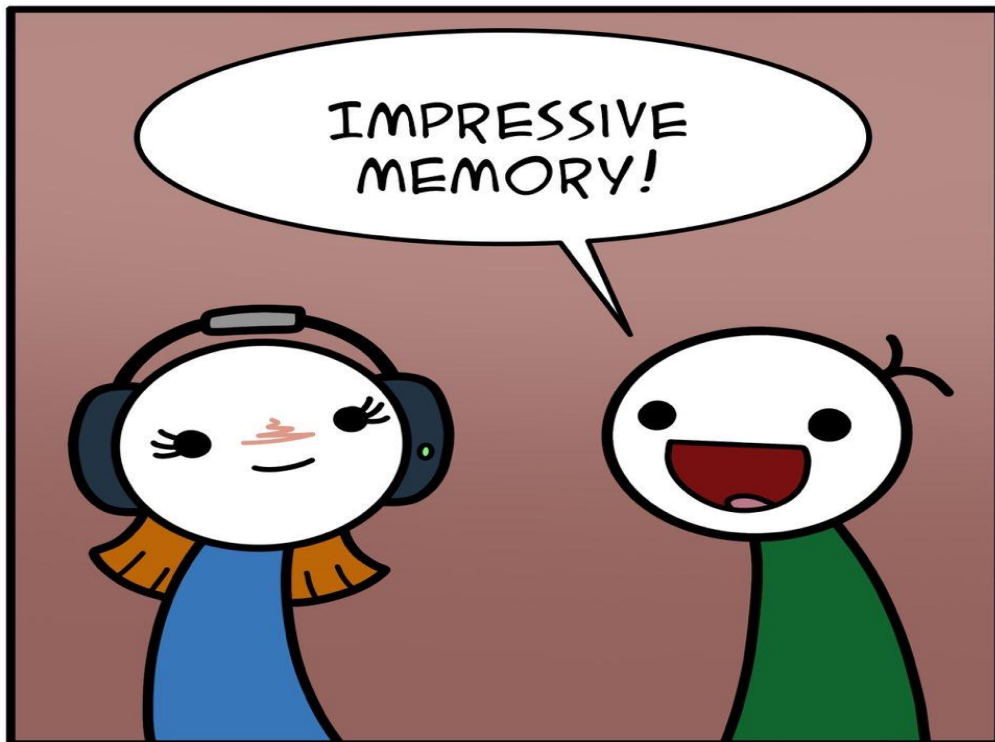


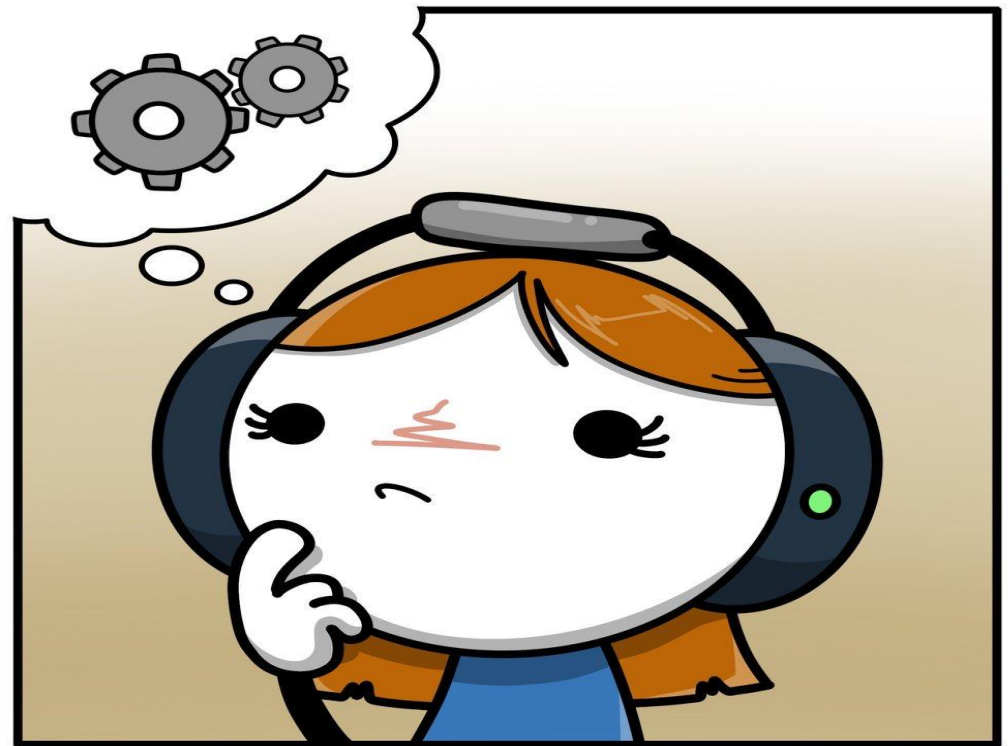
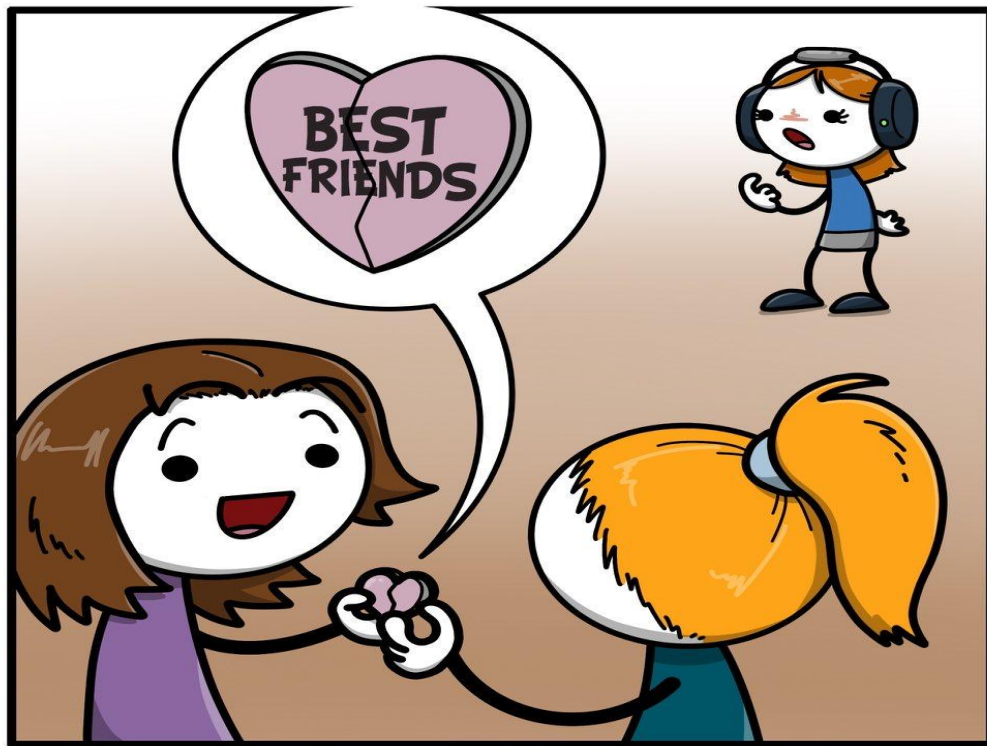


WHAT WAS YOUR BREAKFAST
THREE MONTHS AGO?



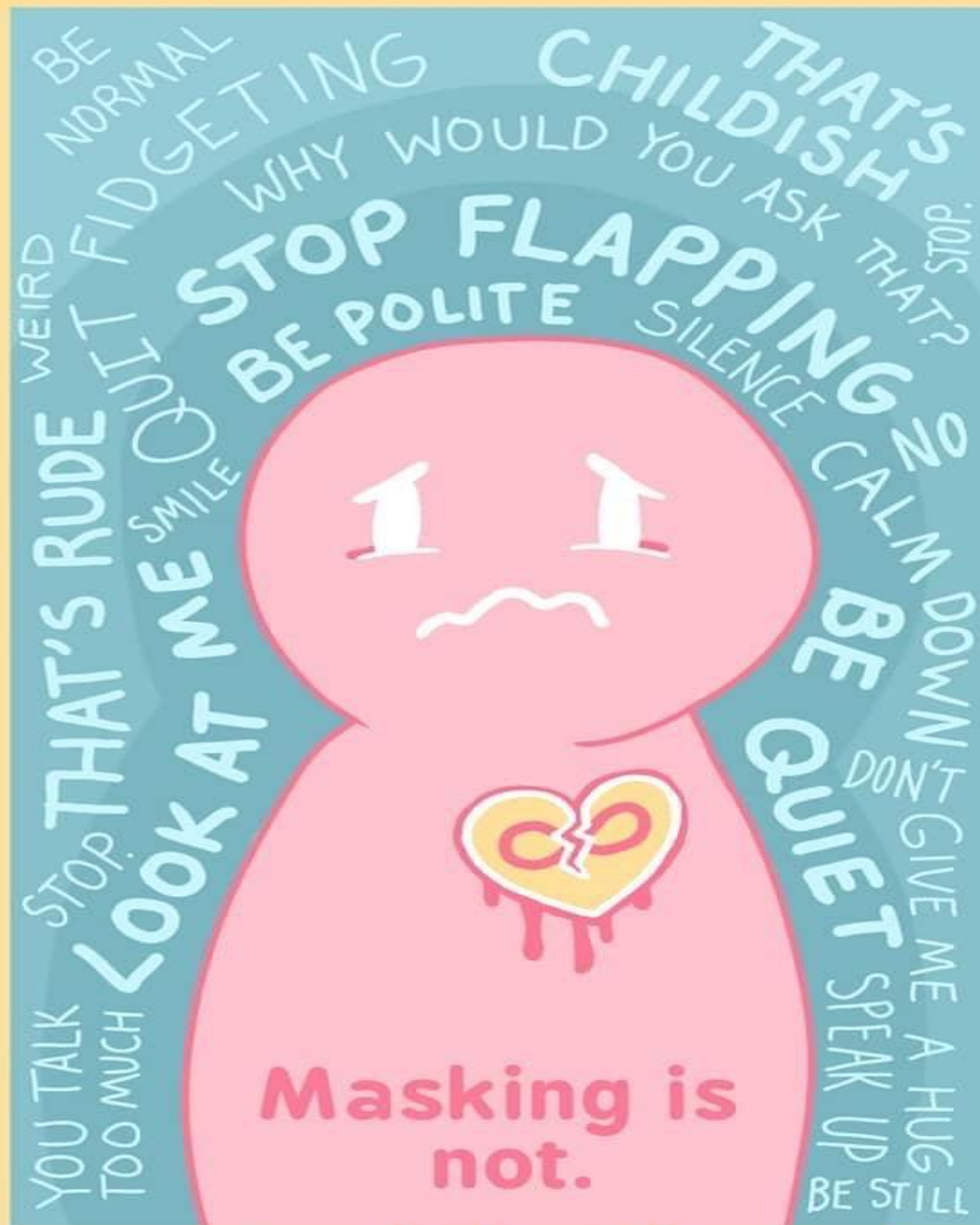
IMPRESSIVE
MEMORY!





AUTISTIC REBELLION MONTH

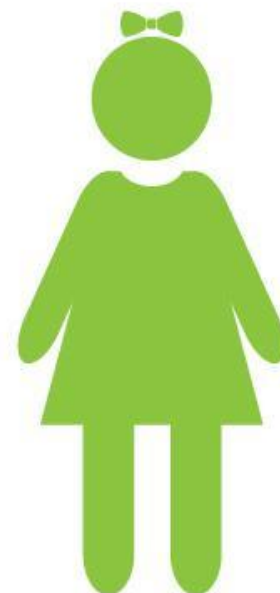
FACT # 10



#autisticrebellionmonth #autgust #autisticpridemonth



1 in **42** males
were diagnosed with ASD



1 in **165** females
were diagnosed with ASD







AUTISM IN ADULTHOOD

Autism is a lifelong developmental difference. Therefore, it is not something one "grows out" of. An autistic child becomes an autistic adult.

Autistic child



grows into...

Autistic adult






I'm Autistic here.



And I'm Autistic here.



Autism doesn't have a
"look"
it's my  that
is different.

Labels go on soup cans, Autism
is a diagnosis.



Leah Taylor

MICROAGGRESSIONS AGAINST AUTISTICS

WORDS LIKE, DISORDER, DISEASE, EPIDEMIC,
IMPAIRMENT, SYMPTOMS, CURE OR "SUFFERING WITH."

WELL EVERYONE'S
A LITTLE AUTISTIC

WHY WOULD YOU
SEEK A LABEL LIKE
AUTISM?

©THE CHRONIC COUPLE

YOU SEEM SO
NORMAL. YOU DON'T
LOOK AUTISTIC.

LOOK ME IN THE
EYES WHILE I'M
SPEAKING.

YOU'RE NOT AT
ALL LIKE MY
AUTISTIC CHILD.

YOU'RE OBVIOUSLY
HIGH FUNCTIONING.

YOU'RE AUTISTIC?
BUT YOU'RE SO
EMPATHETIC.

DON'T LET
YOU'RE AUTISM
DEFINE YOU.





WHAT IS 'MASKING'?

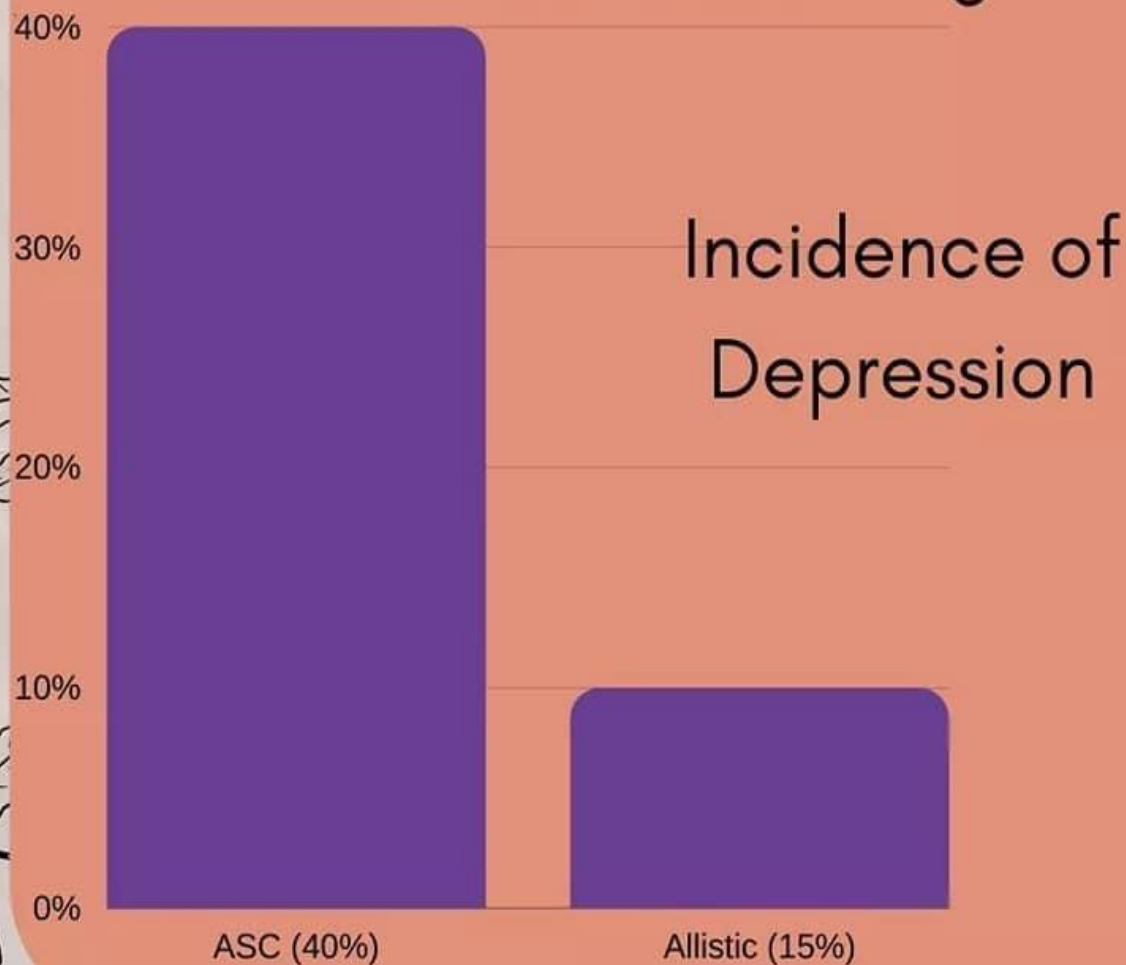
@21andsensory



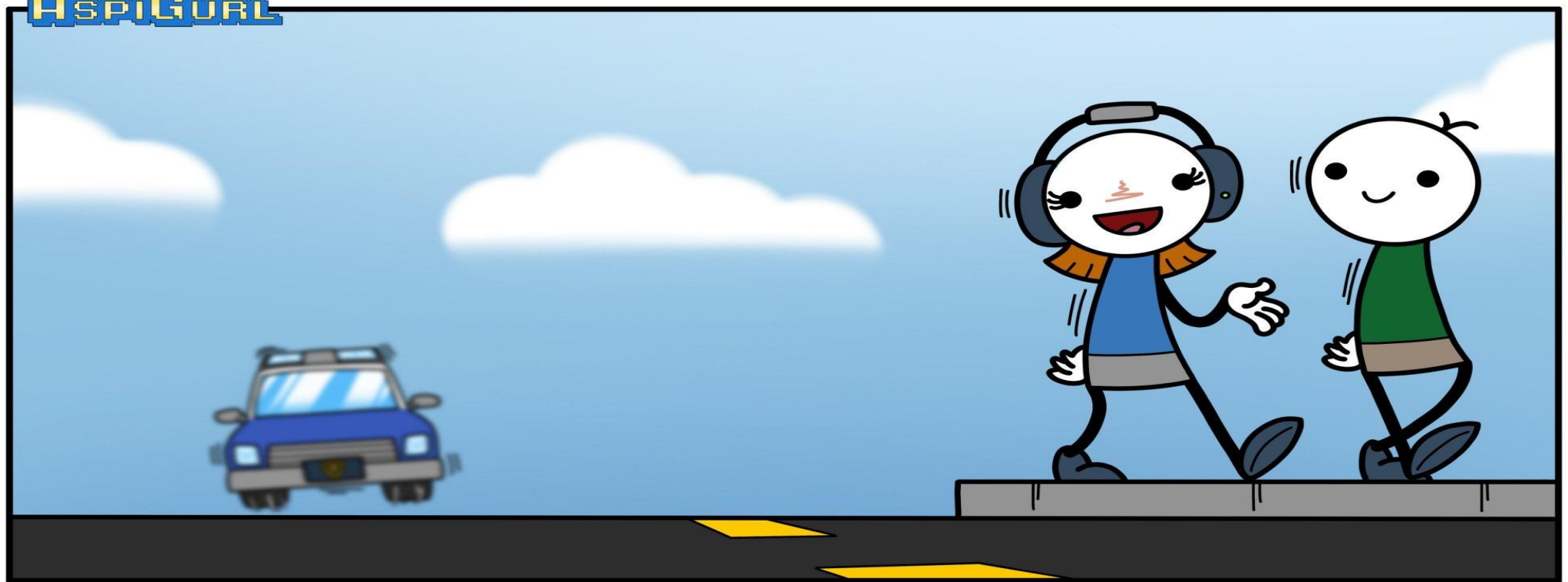
THIS CAN LEAD TO AUTISTIC BURNOUT + SENSORY HANGOVER.

AUTISM IN ADULTHOOD

Emotional wellbeing



<https://link.springer.com/article/10.1007/s10802-018-0402-1>



I'm so sorry my autism
forgot to consult with
the stereotype.
It just happens to be
the way it is.

Autistic Creativity



“I am different, not less.”

-Dr. Temple Grandin

10 'SYMPTOMS' OF AUTISM

1. Someone who never gives up.
2. A loyal friend, trustworthy & dependable.
3. Truth seeker who wants to do what is right.
4. Caring, empathetic, sensitive & creative.
5. Ability to hyperfocus, analyse & systemise.
6. Loves details & notices patterns others may miss.
7. Perceives the world in a unique way.
8. Passionate about ideas & solving problems.
9. Amazing long term memory, can share helpful information.
10. Being awesome (autism ---> awetism).

It's Not Autism...
It's AWEtism!

Bibliography

Spectrum Women, Barb Cook and Dr. Michelle Garnett

Autism in Heels, Jennifer cook O'Toole

Women and Girls with Autism Spectrum Disorder, Sarah Hendrickx

Living Well on the Spectrum, Valerie Gaus

Marriage and Lasting Relationships with Asperger's Syndrome, Eva Mendes

Resources

<https://iancommunity.org/cs/adults>

<https://www.thementornetwork.com/program/autism-services/>

<https://www.autismgreaterwi.org/resource-guide/taking-care-family/>

<https://www.spectrumwomen.com/>

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