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# Autism Post-Diagnostic Pack

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As somebody who has been recently diagnosed as being Autistic, we would like to provide you with this post-diagnostic resource pack. Please note that although the resources below are ones that have been reported as being helpful by some people, they were not generated by The Retreat Clinics and there may be wording within them that we do not necessarily promote and endorse as a service.

## GENERAL

*This section contains general resources for finding out more about Autism, and different sources of support.*

### WEBSITES:

- **Embrace Autism** – Canadian based website and information page, created by qualified Autistic psychologists - <https://embrace-autism.com/>
- **National Autistic Society** – UK based information and resources site - <https://www.autism.org.uk/>

### BOOKS:

- **Luke Beardon** - Autism in adults
- **Naoki Higashida** - The Reason I Jump: One boy's voice from the silence of autism.
- **Steve Silberman** - NeuroTribes: The Legacy of Autism and How to Think Smarter About People Who Think Differently
- **Chloe Hayden** - 'Different, Not Less: a neurodivergent's guide to embracing your true self and finding your happily ever after.'
- **Pete Wharmby** - Untypical

### VIDEOS:

- **Fast Facts About Autism** – Short YouTube cartoon containing easy to understand information about Autism - <https://www.youtube.com/watch?v=CaRdPYvWt48>
- **What is Autism?** – National Autistic Society video explaining Autism - <https://www.youtube.com/watch?v=Lk4qs8jGN4U&t=161s>

### GROUPS (YORK BASED):

- **Neurodiverse York** – A Facebook group for local neurodivergent people in and around the York area to chat and get to know one another - <https://m.facebook.com/groups/422784726311376/?ref=share>

## SENSORY

### WEBSITES:

- **Flare** - Earbuds for sensitive hearing - <https://www.flareaudio.com/>
- **Loop** - Earplugs for noise reduction - <https://www.loopearplugs.com/collections/all>
- **Sensory differences** - National Autistic Society webpage explaining the sensory differences that Autistic people may experience - <https://www.autism.org.uk/advice-and-guidance/topics/sensory-differences/sensory-differences/all-audiences>
- **Stimming** - National Autistic Society webpage explaining stimming - <https://www.autism.org.uk/advice-and-guidance/topics/behaviour/stimming/all-audiences>



## BOOKS:

- **Lizzie Huxley-Jones** – Stim: An Autistic Anthology

## OCCUPATIONAL HEALTH

*Occupational Health refers to the balance between work and leisure time and its importance in our sense of wellbeing and personal satisfaction. The section below refers more specifically to employment and education, but an extremely important part of occupational health involves how we manage and spend time outside of work. Below are some links which may be useful for organising more support with the management of day-to-day life and activities:*

## SERVICES:

- **Local Area Coordinators** - Help you stay safe, well, independent, and connected to your local community by: helping raise awareness of available resources, providing links to local services, providing a wide range of support, helping people develop resilience and promoting social inclusion in communities - <https://www.york.gov.uk/LocalAreaCoordination>
- **Ways to Wellbeing** - An innovative social prescribing service that focuses on increasing access to social prescribing in York. They believe in the power of collaboration, relationship, and exploring what is meaningful to someone in finding their own Ways to Wellbeing - <https://www.yorkcvs.org.uk/ways-to-wellbeing/>

## REASONABLE ADJUSTMENTS IN EMPLOYMENT, EDUCATION, AND SERVICES

*With regards to employment and education, it is important to note that autism is a recognised disability under the Equality Act 2010 and as such 'Reasonable Adjustments' should be made in any educational or workplace setting, if requested. Here are some resources to help you navigate reasonable adjustments in education or the workplace:*

## WORKPLACE WEBSITES:

- **Access to Work** - Government website with information on how to get support if you have a disability or health condition - <https://www.gov.uk/access-to-work>
- **Disability Confident** - Citizens Advice Guidance for applicants regarding the Disability Confident Scheme, which supports employers to make the most of the talents disabled people can bring to the workplace - <https://www.citizensadvice.org.uk/about-us/job-and-voluntary-opportunities/citizens-advice-job-opportunities/disability-confident/disability-confident-guidance-for-applicants/>
- **Disclosing your diagnosis** - National Autistic Society webpage - <https://www.autism.org.uk/advice-and-guidance/topics/diagnosis/disclosing-your-autism/autistic-adults>
- **Employing autistic people** - National Autistic Society webpage aimed at employers providing information and advice - <https://www.autism.org.uk/advice-and-guidance/topics/employment/employing-autistic-people/employers>
- **Support at work** - National Autistic Society webpage providing advice and guidance for Autistic individuals in the workplace - <https://www.autism.org.uk/advice-and-guidance/topics/employment/support-at-work/autistic-adults>



## EDUCATION WEBSITES:

- **Disabled Students Allowance** - Government webpage with information on support for students - <https://www.gov.uk/disabled-students-allowance-dsa>
- **Disabled Students Helpline** - Information on the Disabled Student's Helpline which provides advice and information for free - <https://www.disabilityrightsuk.org/how-we-can-help/helplines/disabled-students-helpline>
- **Education Factsheets** – Disability Rights UK guidance for support in education - <https://www.disabilityrightsuk.org/how-we-can-help/benefits-information/factsheets/education-factsheets>
- **Reasonable adjustments in higher education** - General information regarding reasonable adjustments for higher education in the UK - <https://www.ambitiousaboutautism.org.uk/about-us/media-centre/blog/what-you-need-know-about-further-education>

## WELLBEING AND SLEEP

*Many autistic people experience mental health difficulties, such as anxiety and depression, and may also have difficulties with sleep. Taking care of our mental wellbeing is extremely important but can be very difficult, especially for neurodiverse individuals living in a world designed for neurotypical people. Below are some links to resources which could provide further information and support:*

## WEBSITES:

- **Autism and mental health** - Mind charity webpage containing information about looking after your own wellbeing - <https://www.mind.org.uk/about-us/our-policy-work/equality-and-human-rights/autism-and-mental-health/>
- **Text support** - Shout is a text support service run by trained volunteers and this webpage contains tips for wellbeing in Autistic adults, supported by the National Autistic Society - <https://giveusashout.org/latest/autism-mental-health/>
- **BEAT** - A nationwide charity providing information and support for individuals and families who are affected by eating disorders - <https://www.beateatingdisorders.org.uk/get-information-and-support/>

## BOOKS:

- **Jeanette Purkis, Dr Emma Goodall, and Dr Jane Nugent** - The Guide to Good Mental Health on the Autism Spectrum
- **Luke Beardon** - Avoiding Anxiety in Autistic Adults: A Guide for Autistic Wellbeing

## VIDEOS:

- **Purple Ella** – Autistic content creator discussing their challenges with sleep - <https://www.youtube.com/watch?v=c3kuZj0luQI>
- **Sleep Difficulties** – National Autistic Society website discussing sleep difficulties for Autistic individuals as well as possible strategies for improving sleep - <https://www.autism.org.uk/advice-and-guidance/topics/physical-health/sleep/autistic-adults>



## FAMILY RESOURCES

*Autism is a developmental diagnosis which has evidence of a genetic component. Some autistic people pursue a diagnosis because of recognising similar traits and experiences in their children. Being an autistic parent of an autistic child comes with its own challenges and below are some materials on this topic that you may find useful:*

### WEBSITES:

- **Autistic parent of an autistic child** – Article written by a Person with Lived Experience working at The Retreat Clinics - <https://livingautism.com/autistic-parent-autistic-child/>

### VIDEOS:

**Purple Ella** is a well-known autistic YouTuber who also has diagnoses of ADHD and chronic illness (hEDS) and creates content on their life and experiences. They are also a parent to three children and speaks about parenting in some of their videos:

- <https://www.youtube.com/watch?v=dKAF48NSsJI>
- [https://www.youtube.com/watch?v=mMWX7mn\\_Zt8](https://www.youtube.com/watch?v=mMWX7mn_Zt8)
- <https://www.youtube.com/watch?v=Jyb2OVdSig4>

## SPECIFIC EXPERIENCES

*Below are materials that some individuals may also find useful based on more specific experiences. This includes the experiences of Autistic women, neurodiversity in the LGBTQIA+ community, and relationships in general:*

### WOMEN'S EXPERIENCES:

#### WEBSITES

- **Aspiring to be you** - A platform which supports and provides education and perspective regarding autism, specifically about autistic women – <https://aspiringtobeu.com/>
- **Women and girls** – National Autistic Society webpage - <https://www.autism.org.uk/advice-and-guidance/what-is-autism/autistic-women-and-girls>

#### BOOKS

- **Dr Sarah Bargiela** - Camouflage: The Hidden Lives of Autistic Women
- **Edited by Barb Cook and Dr Michelle Garnett** - Spectrum Women: Walking to the Beat of Autism

#### VIDEOS

**Behind the mask** – TEDTalk given by Kate Kahle on the gender discrepancy in autism diagnoses - <https://www.youtube.com/watch?v=Tbes1mm2VgM>

**How autism freed me to be myself** – TEDTalk given by Rosie King on celebrating uniqueness and being your authentic self - <https://www.youtube.com/watch?v=jQ95xlZeHo8>



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## RELATIONSHIPS:

### WEBSITES

- **Autism, relationships, and marriage** – National Autistic Society article, written by an autistic person about his personal experiences - <https://www.autism.org.uk/advice-and-guidance/professional-practice/autism-relationships>

### BOOKS

- **Joe Biel** - The Autism Relationships Handbook: How to Thrive in Friendships, Dating, and Love
- **Dr Emma Goodall** - The Autism Spectrum Guide to Sexuality and Relationships: Understand Yourself and Make Choices that are Right for You

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## LGBTQIA+:

### WEBSITES

- **Autism and gender identity** – National Autistic Society webpage - <https://www.autism.org.uk/advice-and-guidance/what-is-autism/autism-and-gender-identity>

### BOOKS

- **Eva Mendes and Meredith Maroney** - Gender Identity, Sexuality and Autism: Voices from Across the Spectrum
- **Laura Kate Dale** - Uncomfortable Labels: My Life as a Gay Autistic Trans Woman