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Autism Post-Diagnostic Pack

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INTRODUCTION

As somebody who has been recently diagnosed as 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 produced by The Retreat Clinics and there may be wording within them that we do not necessarily promote and endorse as a service. We also do not receive any sponsorship or earn commission on any of the products listed.

In this pack you will find different types of resources, which will be represented by these symbols:



Books



Media (film/TV/YouTube/podcasts)



Websites (including blogs)



Directory



In-person service



Telephone (including text messaging)



Application (mobile phone/tablet)



Physical product



Training



Document/template

The pack has been split into different topics so that you can browse at your own pace, depending on what information you might be looking for.

If you have come across a resource that has been useful for you, or that you recommend for including in this booklet, we would welcome suggestions.



GENERAL

This section contains general resources for finding out more about autism and the experiences of other autistic adults.



National Autistic Society – UK based information and resources site - [National Autistic Society](#)

National Autistic Society web page on the history of autism - [The history of autism](#)

[The autistic community and the autism community - what's the difference?](#)

Embrace Autism – Canadian based website and information page, created by qualified autistic psychologists - [Embrace Autism | The ultimate autism resource](#)

Autistica – UK based website by a leading autism research and campaigning charity - [Home | Autistica | Autism research and campaigning | Autistica](#)

Monotropism.org – a website dedicated to an emerging theory developed to explain autism and neurodivergence - [About this site – Monotropism](#)

[The Autistic Advocate - Kieran Rose](#)

Comic book style graphic explaining the autism 'spectrum' - [Understanding the Spectrum - a comic strip explanation | The Art of Autism](#)

[Do Autistic People Feel Empathy: Myths & Facts You Need To Know](#)



Non-fiction:
Luke Beardon - Autism in adults

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

Ellie Middleton – Unmasked



What is Autism? – National Autistic Society video explaining autism - [What is Autism? - YouTube](#)

Fast Facts About Autism – YouTube cartoon containing easy to understand information about autism - [Fast Facts About Autism \(World Autism Awareness Day\)](#)



Inside Our Autistic Minds – documentary by Chris Packham (autistic TV presenter) - [Inside Our Autistic Minds - BBC iPlayer](#)

1800 Seconds on Autism - Podcast hosted by Robyn Steward and Jamie Knight - [BBC Sounds - 1800 Seconds on Autism](#)



Free e-learning that staff in the adult autism diagnostic team at The Retreat Clinics have completed - [Autism Essentials | Reframing Autism](#)

National Autistic Society e-learning page - [E-learning](#)



Article by Dr Damien Milton on autistic differences in empathy - [The Double Empathy Problem](#)

SENSORY



Sensory differences - National Autistic Society webpage explaining the sensory differences that autistic people may experience - [Sensory differences - a guide for all audiences](#)

Stimming - National Autistic Society webpage explaining stimming - [Stimming - a guide for all audiences](#)

Article by an American autistic/ADHD clinical psychologist about autism/ADHD nervous system overlaps - [The Autistic and ADHD Nervous System - Neurodivergent Insights](#)



Non-fiction:
Lizzie Huxley-Jones – Stim: An Autistic Anthology



Flare - Earbuds for sensitive hearing - [Flare Audio – Flare Audio Ltd](#)

Loop - Earplugs for noise reduction - [All Earplugs & Accessories for Noise Reduction – Loop Earplugs](#)

Halo Mask - [Halos 3D Blackout Sleep Mask - Free Shipping - Eye Mask For Sleeping – Halos Health](#)

Sensory Direct – web store for sensory-equipment - [Sensory Direct | Weighted Blankets, Sensory Toys & Equipment](#)

SOCIAL SUPPORT

An important part of maintaining health and wellbeing involves how we manage and spend time and divide it between self-care, productivity, and social or leisure activities. Below are some links which may be useful for organising more support with the management of day-to-day life and activities:



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 - [Local Area Coordinators – City of York Council](#)

Social prescribing - [Primary Care Link Workers - York CVS](#)

North Yorkshire County Council adult social care - [Social care for adults | North Yorkshire Council](#)



Live Well York directory - [Search | Live Well York](#)

Scarborough autism signposting - [Scarborough Autism UK](#)

Harrogate and District Community Action directory - [Where to Turn Directory | Harrogate & District Community Action](#)

REASONABLE ADJUSTMENTS IN EMPLOYMENT

With regards to employment, 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 workplace setting, if requested. Here are some resources to help you navigate reasonable adjustments in the workplace:



Access to Work - Government website with information on how to get support if you have a disability or health condition - [Access to Work: get support if you have a disability or health condition](#)

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 - [Disability Confident employer scheme - GOV.UK](#)

Disclosing your diagnosis - National Autistic Society webpage - [Talking about and disclosing your autism diagnosis](#)

Support at work - National Autistic Society webpage providing advice and guidance for autistic individuals in the workplace - [Employment](#)

ACAS (Advisory, Conciliation and Arbitration Service) - an independent public body providing free and impartial advice to employers, employees and their representatives on: employment rights, best practice and policies, resolving workplace conflict - [Acas | Making working life better for everyone in Britain](#)

[Equality Act 2010](#)



Gov.uk workplace health adjustments passport templates - [HEALTH ADJUSTMENT PASSPORT - GOV.UK](#)



REASONABLE ADJUSTMENTS IN EDUCATION

With regards to 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 setting, if requested. Here are some resources to help you navigate reasonable adjustments in educational settings:



Disabled Students Allowance - Government webpage with information on support for students - [Help if you're a student with a learning difficulty, health problem or disability: Disabled Students' Allowance - GOV.UK](#)

Disabled Students Helpline - Information on the Disabled Student's Helpline which provides advice and information for free - [Disabled Students Helpline | Disability Rights UK](#)

Education Factsheets – Disability Rights UK guidance for support in education - [Guidance & Resources | Disability Rights UK](#)

Reasonable adjustments in higher education - General information regarding reasonable adjustments for higher education in the UK - [What you need to know about further education | Ambitious about Autism](#)



National Education Union disability and reasonable adjustments passport template - [NEU3142 A model reasonable adjustments disability passport v2.pdf](#)

REASONABLE ADJUSTMENTS IN OTHER SERVICES

With regards to use of services (such as healthcare services), 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 these settings, if requested. Here are some resources to help you navigate reasonable adjustments in other settings:



Hidden Disabilities – scheme that has recognition worldwide - [A symbol for non-visible disabilities](#)

Tesco – information about supermarket 'quiet hours' - [Hidden disabilities – help with shopping in Tesco stores](#)

Asda – information about supermarket 'quiet hours' - [Inclusive Shopping Environments - Creating Change for Better | Asda - ASDA Groceries](#)

Morrisons – information about supermarket 'quiet hours' - [Introducing a new afternoon quieter hour to help shoppers | Morrisons Blog](#)



National Autistic Society health passport template - [Health_Passport_A4_2020.pdf](#)



WELLBEING

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:



Autism and mental health - Mind charity webpage containing information about looking after your own wellbeing - [Autism and mental health - Mind](#)

Autistic fatigue - [Autistic fatigue - a guide for autistic adults](#)

Articles written about autistic burnout by an autistic psychologist specialising in this - [Articles - Dr Alice Nicholls](#)

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 - [Things you can do to look after your mental health if you are autistic | Shout 85258](#)

Sleep Difficulties – National Autistic Society website discussing sleep difficulties for autistic individuals as well as possible strategies for improving sleep - [Sleep - a guide for autistic adults](#)

'Pathway for Eating disorders and Autism developed from Clinical Experience' website - [PEACE Pathway - Home](#)



Text SHOUT to 85258

Samaritans – 116123

NHS 111 – select option 2 (mental health)



Non-fiction:

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

Fi Emmerson – Autism is my friend, Anorexia is not



Purple Ella – Autistic content creator discussing their challenges with sleep - [Autism & sleep | Divergent Voices - hosted by Purple Ella - YouTube](#)



Headspace - app promoting positive mental health and providing access to a bank of: meditations, sleepcasts, mindful movement and focus exercises -



Offers free trials and monthly/annual/family payment plans - [Meditation and Sleep Made Simple](#) - [Headspace](#)

FAMILY RESOURCES

Autism is a neurodevelopmental 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:



Autistic parent of an autistic child – Article written by a person with lived experience working at The Retreat Clinics - [Autistic parent of an autistic child - Living Autism](#)

[Neurodiversity, neurodivergence & children | Raising Children Network](#)



Purple Ella is an autistic YouTuber who speaks about parenting in some of their videos - [Tips For Autistic Parents| Purple Ella - YouTube](#) [AUTISTIC MOTHER |Purple Ella](#)

Yo Samdy Sam is another YouTuber who has documented their experience of being an autistic parent - [Being an AUTISTIC mother: what's it like?](#)



Non-fiction:
Naoki Higashida - The Reason I Jump: One boy's voice from the silence of autism

Fiction:
Graeme Simsion - The Rosie Project

[My books - Chris Bonello](#)

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 and girls – National Autistic Society webpage - [Autistic women and girls](#)

Autism, relationships, and marriage – National Autistic Society article, written by an autistic person about his personal experiences - [Autism, relationships and marriage](#)

Autism and gender identity – National Autistic Society webpage - [Autism and gender identity](#)



Non-fiction:

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

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

Fern Brady – Strong Female Character

Pierre Novellie – Why Can't I Just Enjoy Things? A Comedian's Guide to Autism



Autism is a difference, not a disorder – TEDTalk given by Katie Forbes - [Autism is a difference, not a disorder | Katie Forbes | TEDxAberdeen](#)

Behind the mask – TEDTalk given by Kate Kahle on the gender discrepancy in autism diagnoses - [Behind the Mask: Autism for Women and Girls | Kate Kahle | TEDxAustinCollege - YouTube](#)

How autism freed me to be myself – TEDTalk given by Rosie King on celebrating uniqueness and being your authentic self - [How autism freed me to be myself | Rosie King](#)

I'm Autistic, Now What – [I'm Autistic, Now What? - YouTube](#)

Purple Ella – [Purple Ella - YouTube](#)

Yo Samdy Sam – [Yo Samdy Sam - YouTube](#)

Amethyst Schaber - [Amythest Schaber - YouTube](#)

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