



QUICK OVERVIEW

What is autism

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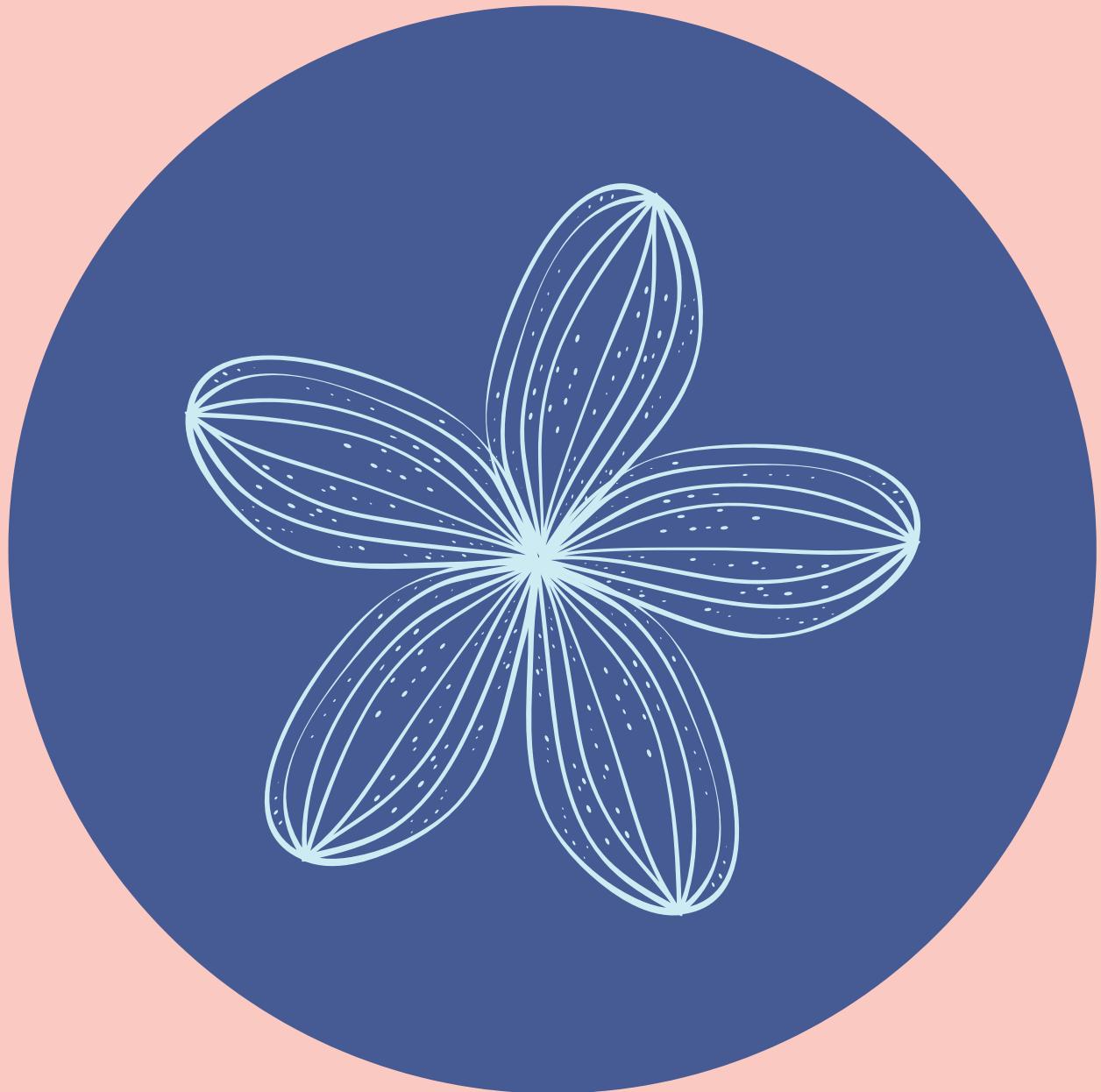
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Definition

AUTISM SPECTRUM DISORDER

ASD is considered as a neuro-developmental disorder that changes the structures and functioning of specific components of the brain





A good analogy is that most people are Windows operating systems and we are Linux

They both do pretty much the same things, but they do it very differently and you can't run a program made for one on the other



THERE'S A SAYING IN THE COMMUNITY

If you've met an autistic person
you've met ONE autistic person

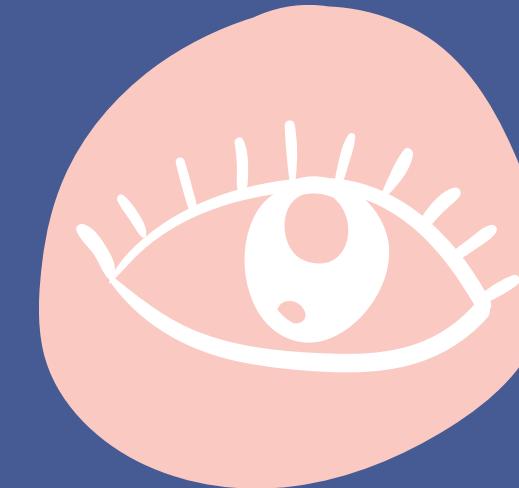
BECAUSE IT'S A SPECTRUM IT CAN VARY
A LOT BETWEEN INDIVIDUALS, EVEN
THOUGH THERE ARE COMMON THEMES
THEY DISPLAY DIFFERENTLY

PARTICULARITIES

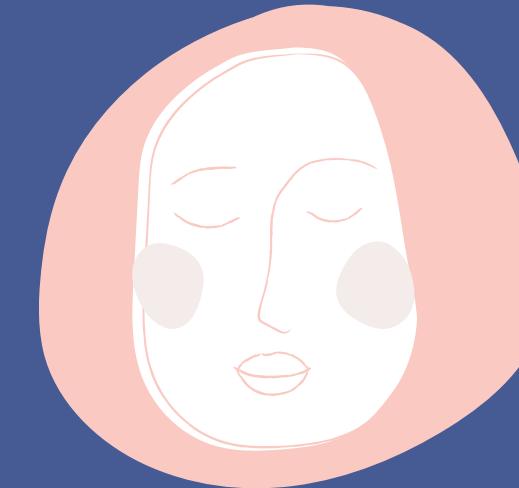
SOME OF THE THINGS THAT MAKE US DIFFERENT

SOCIAL ASPECTS

Usually the most known trait.
It only means that things that come naturally to most people have to be learnt and conscious to us



LOOKING PEOPLE IN THE EYES



KEEPING A SOCIALLY ACCEPTABLE FACIAL EXPRESSION



SPEAKING WHEN IT'S YOUR TURN

NODDING, SHOWING YOU'RE LISTENING

SENSORY INPUT

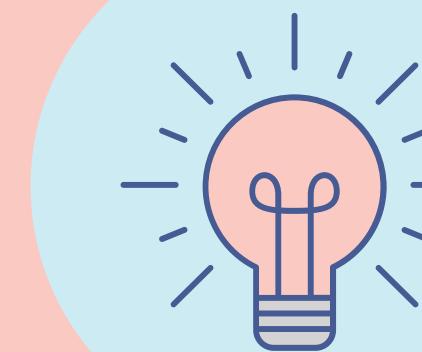
- THE AUTISTIC BRAIN PROCESSES SENSORY INPUTS DIFFERENTLY
- FOR EXAMPLE SOUND CAN FEEL OVERWHELMING, BECAUSE THE BRAIN CAN'T FILTER OUT THE IRRELEVANT SOUNDS
- CAUSES OUR ENERGY TO DRAIN FASTER



Sound



Light



Balance



Pain



Taste



Smell



Coordination

ANXIETY

A BIG PART OF AUTISM

Being autistic sometimes feels like being thrown in a world with no manual to understand it

We have to learn a lot by trial and errors, which can cause a lot of isolation and leads to constant alertness and anxiety

Researchers also noticed that autistic people have fight or flight responses triggered at a high level, which is damaging



OTHER COMMON TRAITS



EXTREMELY
RELIABLE

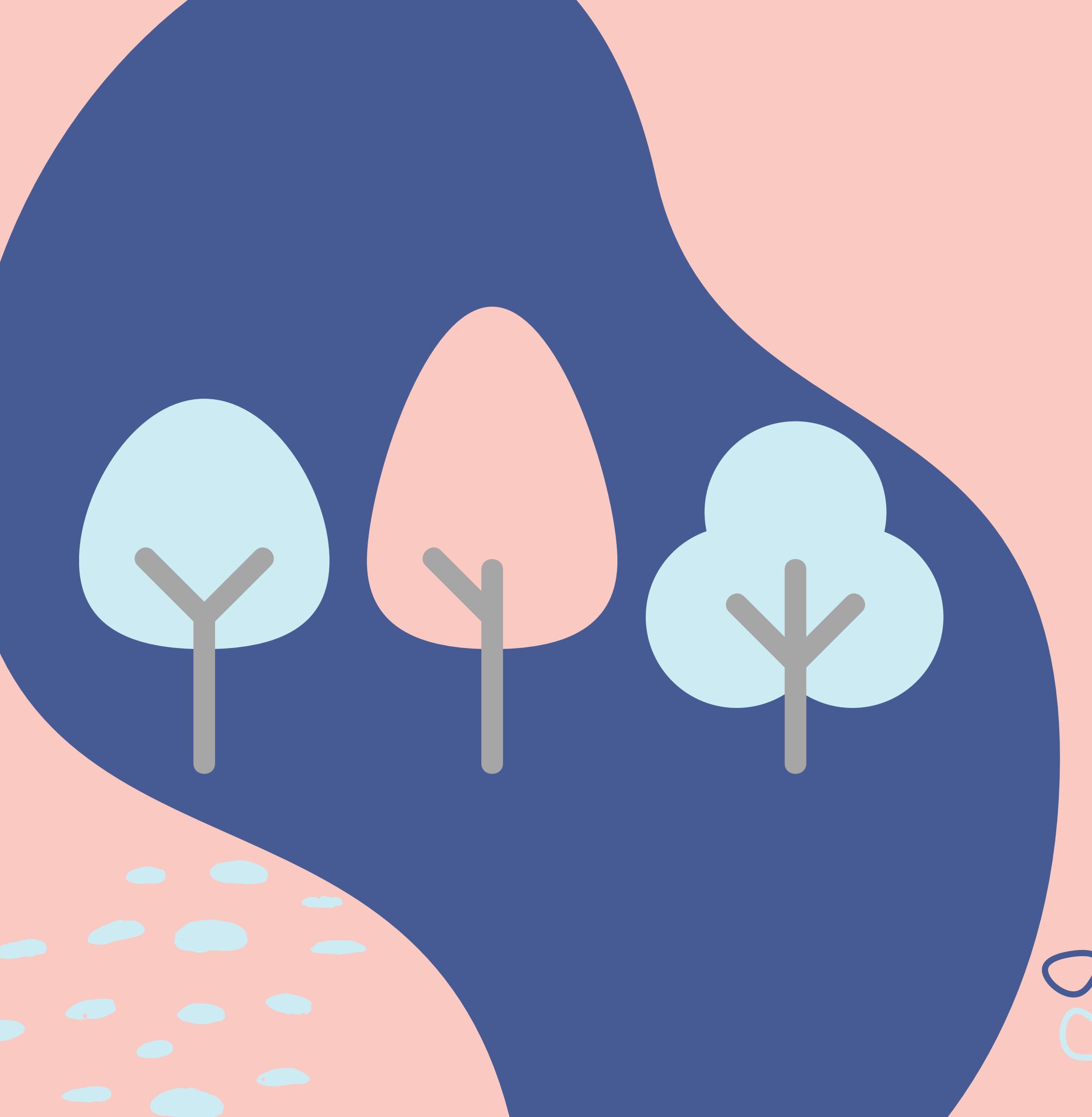


HONEST &
CONSCIOUS



OPEN BOOKS -
NO HIDDEN AGENDA

PATTERNS



We also have a strength in pure pattern recognition—being really good at seeing the trees in the forest.

Studies have repeatedly shown that people with autism perform better on embedded-figure tests—a variation on the old something's-hidden-in-the-picture game.

Plus, we're literally out of the box thinkers

WHAT IT FEELS LIKE



THINK OF A CAT IN A ROOM FULL OF DOGS

We want to be accepted by the dogs, so we copy some dog behaviors so they won't think we're odd or aloof.

We will run after sticks and bark. But none of these things is natural to us and it requires conscious effort.

Late diagnosis are very frequent so most people spend their whole life thinking they're a failed dog instead of a cat. And even after a diagnosis it's really hard to find the cat behind the dog mask.

AUTISTIC WOMEN

● MALE FOCUSED RESEARCH

Most of the tools used to diagnose autism have been created from research on autistic men so they miss a lot of other experiences

● ALIENATED TWICE

Because of this, a lot of women are either misdiagnosed, diagnosed late or never diagnosed

● MASTERS OF CAMOUFLAGE

Research shows that autistic women are better at hiding autism, but the cost is high and it delays or even prevents their diagnosis. We learn, classify and copy behaviors from a very young age

● SOCIAL EXPECTATIONS

Autistic behaviors are even less accepted when we're women and many don't even identify with this idea of womanhood



CONCLUSION

Autistic people perceive the world differently and process information in unique ways

CAREFUL CHOICES

The result of all this is that a lot of our energy is being spent on dealing with sensory inputs, consciously acting in the right way socially, etc. So we have to make choices and

For example, I go to bed at 9pm, and always stay home on weeknights and Sundays.

ADDITIONAL RESOURCES

ARTICLES & VIDEOS

AUTISM WHAT'S THAT

5 min Video

HOW DO WOMEN EXPERIENCE AUTISM

Powerful illustrations and
article

SENSORY DIFFERENCES

More detail and examples of
sensory processing





THANK YOU
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