



# THINGS TO KNOW

## ABOUT CLEMENTINE AND AUTISM

### WHAT DOES IT MEAN

- Autism spectrum disorder (ASD) is a complex developmental disorder
- Autism, Asperger's, and high functioning autism can all be used to describe me
- It only means my brain is wired differently. If most people are like a Windows OS, I'm a Linux distribution
- It's something I'm very open about and love to discuss with colleagues

### WHAT WORKS BEST

- I work better with written instructions rather than verbal
- I can't always "read between the lines", better to tell me what to do instead of what not to do
- Opting out of after work group activities helps me avoid anxiety and overwhelm
- Having examples or giving me the first step can really help when starting something new or learning a new concept

### GREAT STRENGTHS

- I say what I mean and I do what I say
- I have the ability to see and hold the big picture view, while at the same time, notice content at a detailed level and pick up inconsistencies and places for improvement
- I am very reliable and trustworthy
- I am highly organized, my brain is always classifying and finding patterns
- Like a sports car in the right circumstances I am very fast and specialized
- I can easily hyper-focus and combined with my pattern-seeking brain, it means I make sense of chaos

### CHARACTERISTICS

- I tend to be a literal thinker, I sometimes have trouble with open-ended or vague questions
- I don't really understand small talk
- My brain likes repetitive things that others may find boring
- I'm very sensitive to artificial light and wear special glasses to help
- I can be sensitive to noise, especially if overwhelmed





# USEFUL RESOURCES

## FINDING OUT I'M AUTISTIC AT 30 YEARS OLD

My personal journey

<https://code.likeagirl.io/finding-out-im-autistic-at-30-e5754ce9462a>

## 7 THINGS THE AUTISTIC PERSON IN YOUR WORKPLACE NEEDS FROM YOU

How to support autistic people at work

<https://medium.com/@AshleaMcKay/7-things-the-autistic-person-in-your-workplace-needs-from-you-d99d351b543f>

## DIFFERENT FOR GIRLS: UNDERSTANDING AUTISM

The specificities of autism in women

<https://www.theguardian.com/lifeandstyle/2019/apr/28/girls-women-autism-diagnosis-aspbergers>

## AUTISM WHAT'S THAT

Amazing lively 5min video explanation of what autism is and what it means to her

<https://www.youtube.com/watch?v=ZeQxSdEpi7Y>

## AUTISM IS A SPECTRUM DOESN'T MEAN WHAT YOU THINK

Article explaining what the spectrum actually looks like and means

<https://neuroclastic.com/2019/05/04/its-a-spectrum-doesnt-mean-what-you-think/>

## 7 COOL ASPECTS OF AUTISTIC CULTURE

Less known aspects of being autistic

<https://neuroclastic.com/2019/04/05/7-cool-aspects-of-autistic-culture/>

