

OUR NEURODIVERSITY AFFIRMING ADVENT CALENDAR
SHARING SOME OF
THE BEST COMMUNITY RESOURCES

• HELPING
YOU BUILD
YOUR OWN
AUTISM
RESOURCE
LIBRARY



HELPING YOU BUILD YOUR OWN
AUTISM RESOURCE LIBRARY

WITH LOVE FROM
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& HELEN EDGAR @AUTISTICREALMS

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AUTISTIC
LOVE
LANGUAGE
&
PENGUIN
PEBBLING



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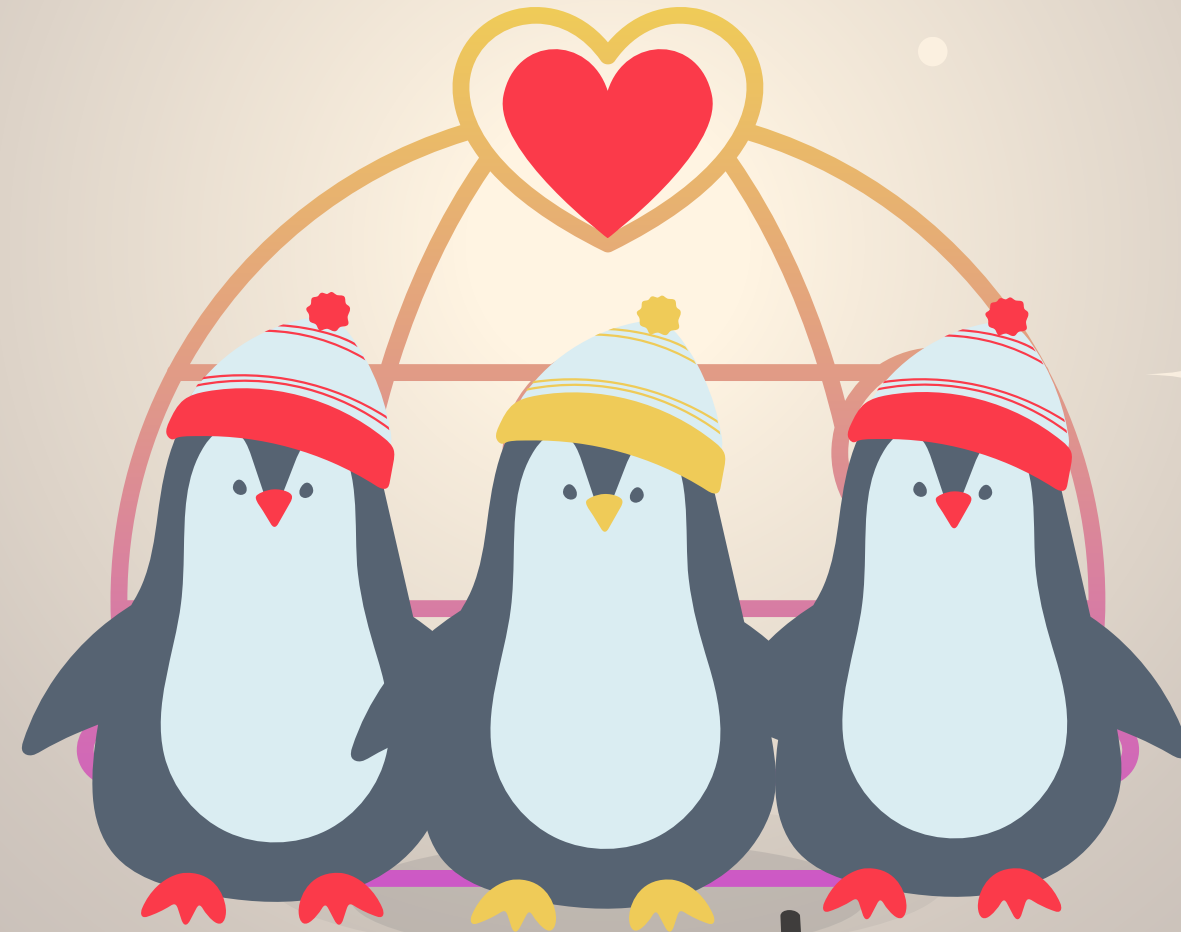
Acceptance

ABC's of love (Acceptance, Belonging, Connection) are the motto for the
National Autism Trainer Programme #NATPmentalhealth

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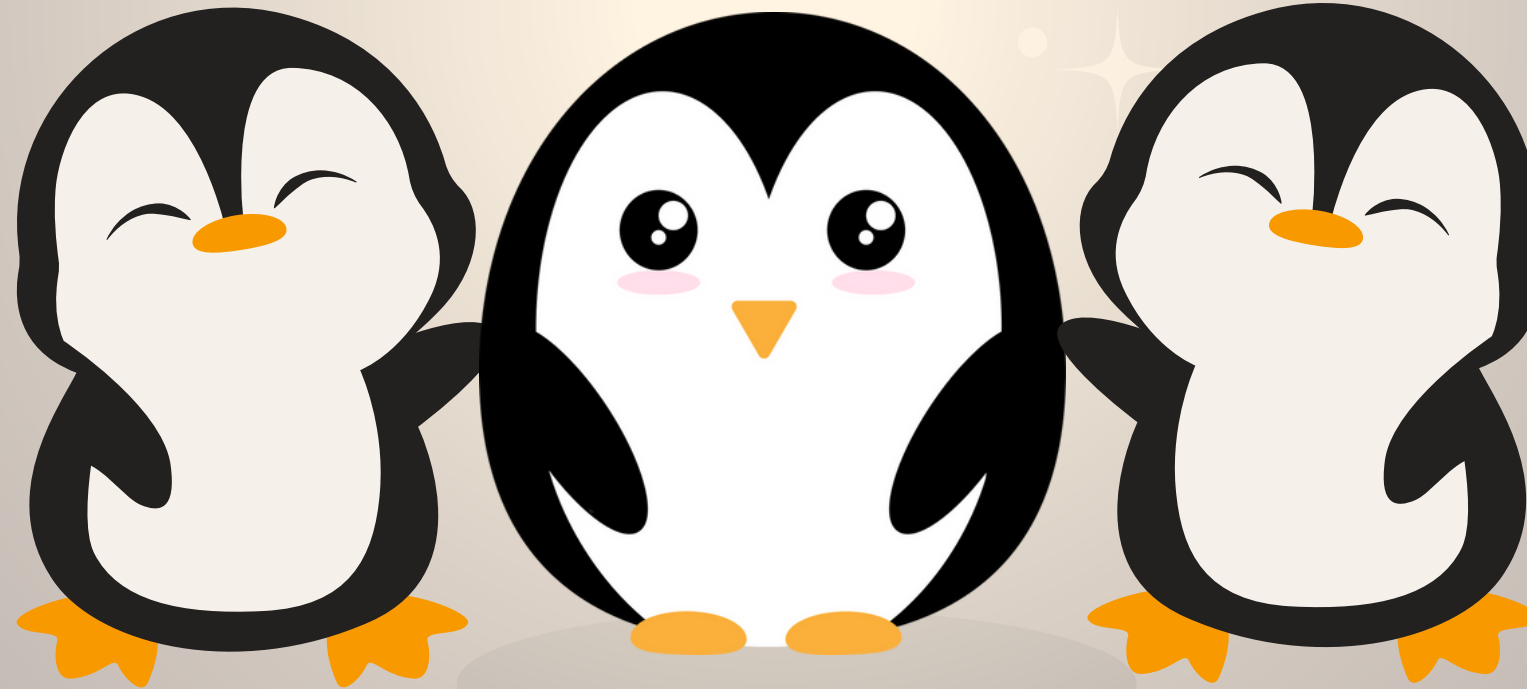
Empathy.

Empathy is part of PACE. #DoubleEmpathy theory (Damion Milton) explains that being autistic is not the wrong way of being, it is simply different, helping us to #FlipTheNarrative

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Connection

Connection (Acceptance, Belonging, Connection) #NATPmentalhealth and Community
We must value what individuals and communities want, respecting lived experiences

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AAC



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Augmentative and Alternative Communication (AAC) includes all forms of communication

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Stimming

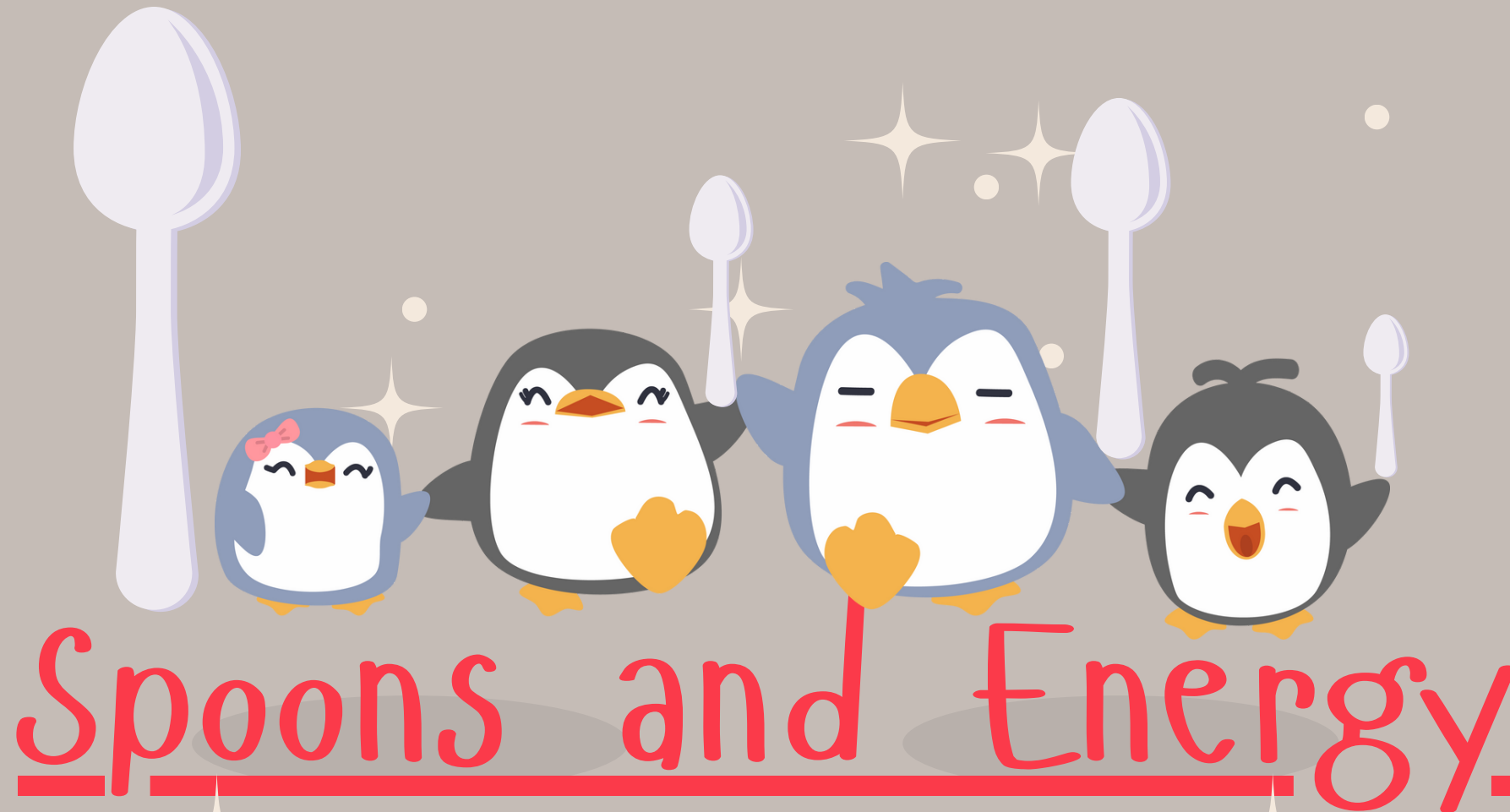
Stimming is expressing emotion, regulation & communication.

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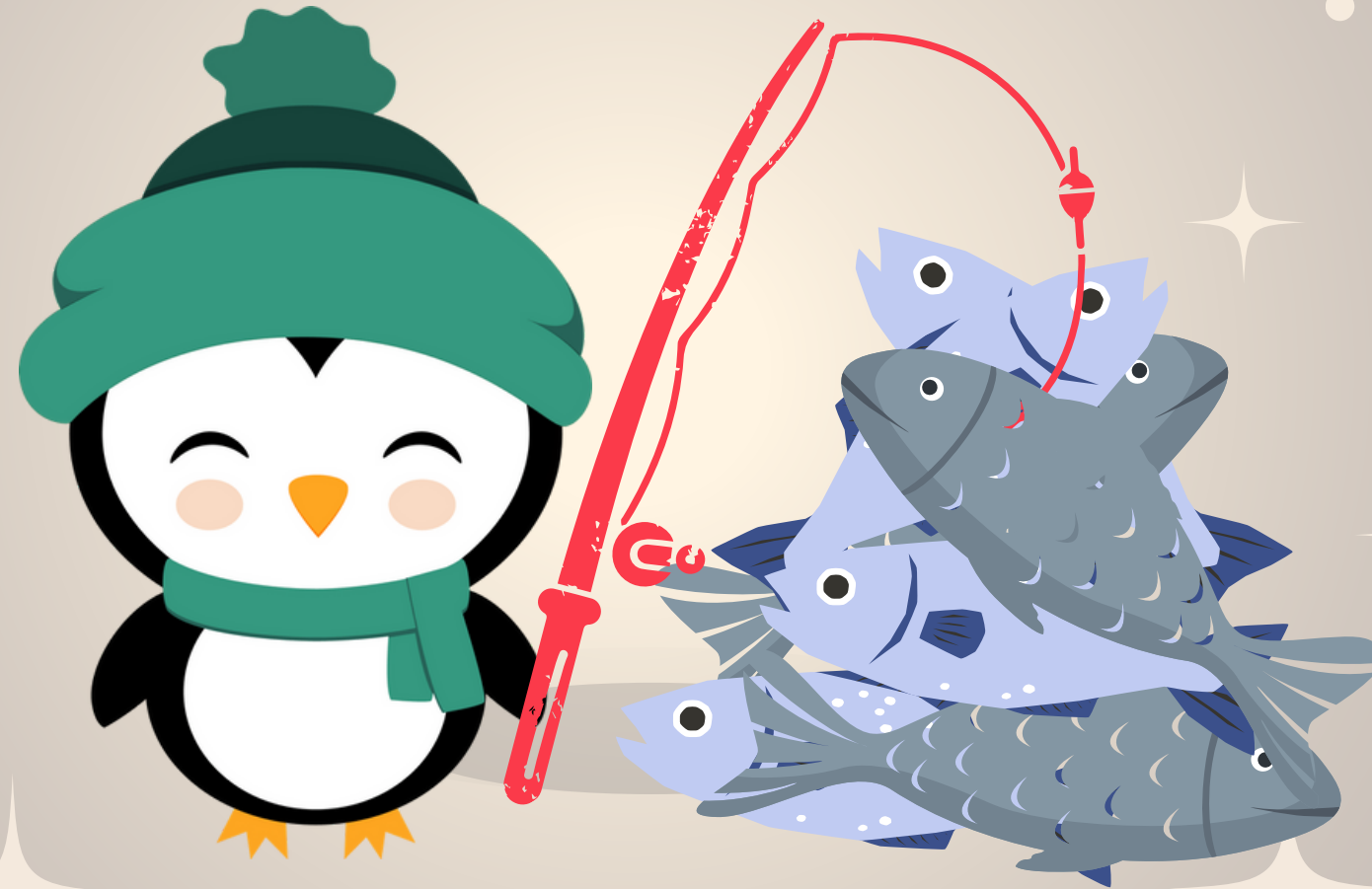
Spoons and Energy.

Spoon Theory was developed by Christine Miserandino as a way to explain how social and sensory energy is used. It can be a helpful way to visualise your energy levels and can help you plan your day and time needed around events

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Passions/Interests

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Physical Health

Many autistic and neurodivergent people also have co-occurring physical health difficulties including Ehlers-Danlos syndrome/joint hypermobility syndrome, more support and accommodations may be needed.

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Environments Matter

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AUTISTIC REALMS
Neurodiversity
Affirming



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Recommended Reading

Learning about Autism can happen in many different ways.
If you like reading then we have a great list of books here!

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Diversity is beautiful, natural, needed .
A thriving natural ecosystem requires biodiversity. A thriving society requires neurodiversity .

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Autism and Eating

Eating the 'same food' is a way of feeling safe

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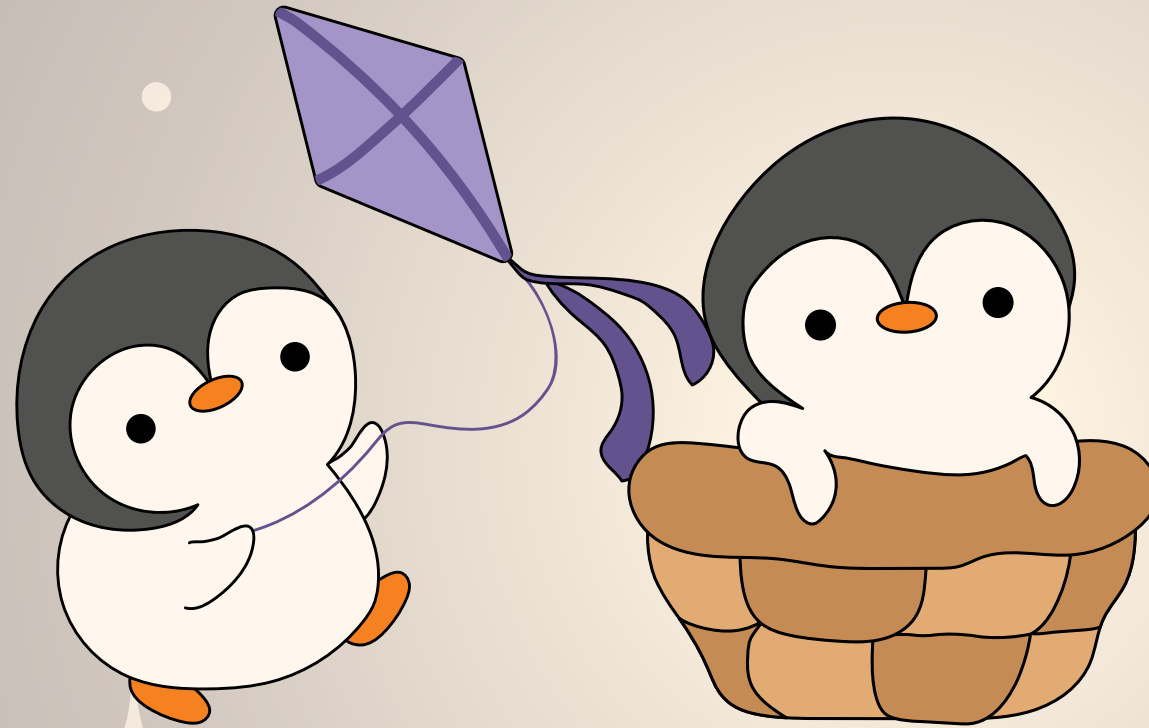
Monotropism

Monotropic minds tend to have their attention pulled more strongly towards a smaller number of interests at any given time, leaving fewer resources for other processes. <https://monotropism.org/>

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Autistic Play

“ALL PLAY IS OK”

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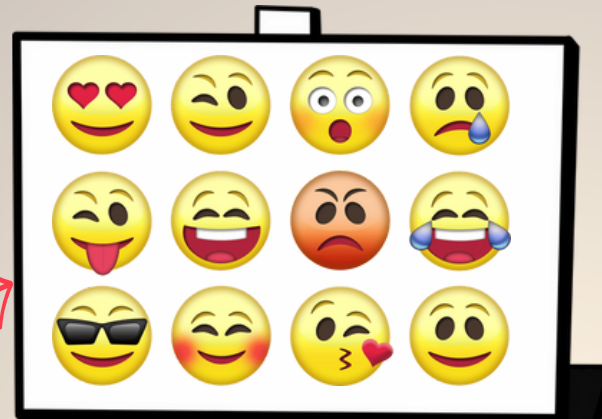
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Giving space
to others
when upset



Emojis,
texting,
voice notes



Info-dumping
about our
passions



Pebbles



Body doubling

Autistic Communication

"Languages of Love"

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not autistic professional

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Double Empathy Problem
=
Cultural Divide

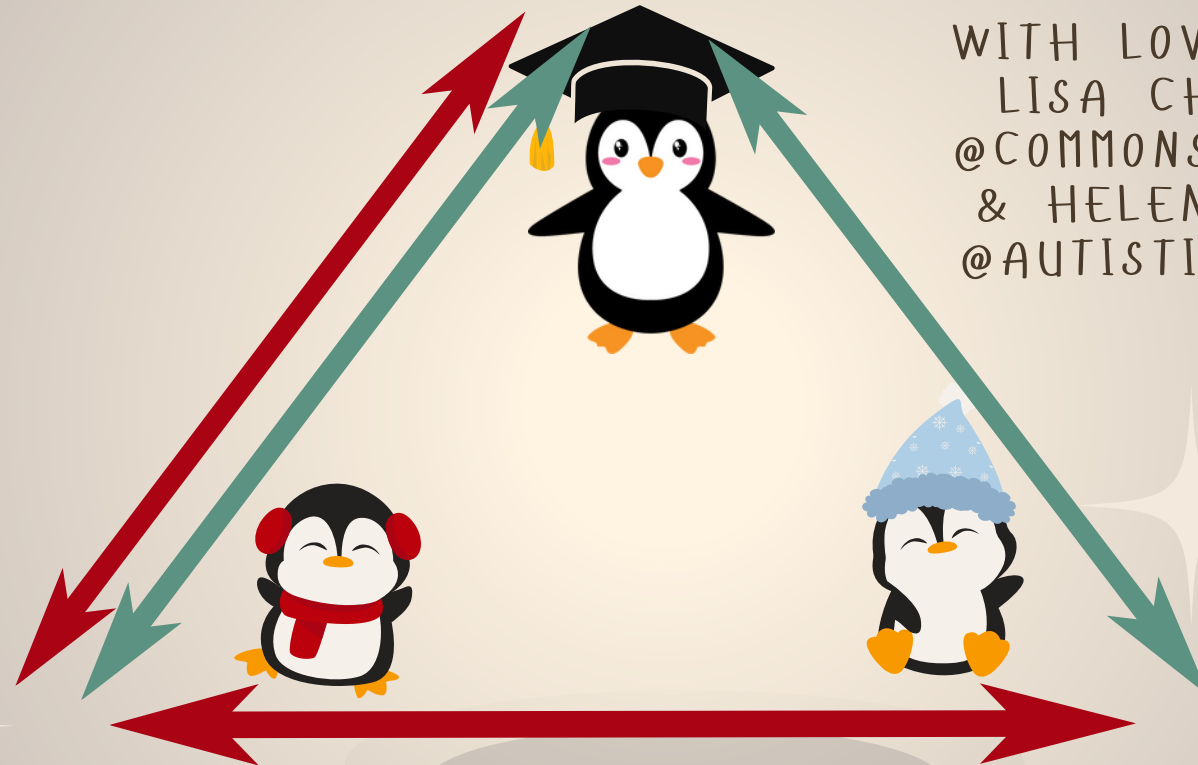
autistic person

not autistic person

The Triple Empathy Problem

Reflecting on the work from Shaw et al., (2023) and The Double Empathy Problem (Milton 2012),
a Triple Empathy Problem may be at play in relation to communication between autistic people and
non-autistic professionals in healthcare and also in education.

Shaw SC, Carravallah L, Johnson M, O'Sullivan J, Chown N, Neilson S, Doherty M. Barriers to healthcare and a 'triple empathy problem' may lead to adverse outcomes for autistic adults: A qualitative study. Autism. 2023 Oct 17:13623613231205629. doi: 10.1177/13623613231205629. Epub ahead of print. PMID: 37846479.



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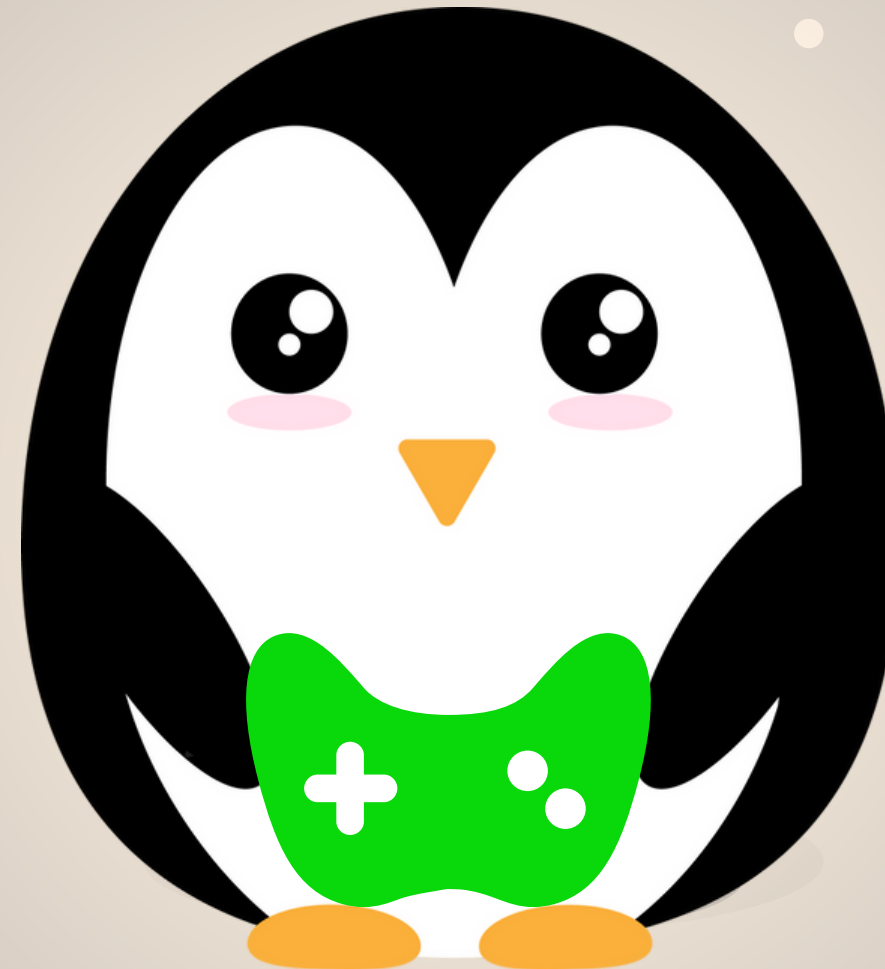
Clothing

“Check in about what works for individuals”

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Benefits of Gaming for Autistic people

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Embracing Autistic Identity.



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Routines & Reducing Uncertainty

Routines help to reduce uncertainty and increase feelings of safety

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Autistic JOY at Christmas

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It's Good To Be Me!



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