

Sharing That You are Autistic With Others

This information sheet is designed to help autistic people decide if they would like to share their autism diagnosis with others and if so, how they could go about doing this.

Should I share?

Sharing with someone that you are autistic is a decision that is personal to you. You can choose if, when, where and who to share this information with. You may choose to share with some people and not with others.

Advantages

- People around you may understand you better and be able to accept you for who you are. They may be more able to offer appropriate care and support.
- Public authorities and bodies carrying out public functions are legally obligated to support you and make reasonable adjustments. For example, schools, doctors, and shops.
- Employers are legally obligated to support you and make reasonable adjustments.
- You can be more authentic which could lead to decreased masking and less likelihood of burnout and mental health conditions.

Disadvantages

- You may experience a lack of understanding and or unhelpful words/actions from people.

How could I share?

You could share some information about autism with the person. For example, you could share written or audio/visual material. There are some recommendations for these at the end of this information sheet.

You could explain your individual autistic characteristics, your strengths, and challenges and what you find helpful. This can be communicated verbally or through using a support profile which could include information around communication, learning, social, emotional and sensory needs, as well as best ways to support them.

Resources

Websites

<https://autismunderstood.co.uk/>

Amazing things happen Youtube video.

Books

What I mean when I say I'm autistic: Unpuzzling a life on the autism spectrum by Annie Kotowicz

Standing up for myself by Evaleen Whelton