

Could I Be Autistic?

A Free Workshop for the Self-Diagnosed and Wondering

By Natasha Lewis Harrington, PsyD

April 23, 2020

Key Points

- There are many good reasons you might not seek a formal evaluation. The UW Autism Center supports self-identification.
- Much of the autistic community supports self-identification and some resources are available.
- If you do wish to pursue a formal evaluation and are located in Washington, you can seek an evaluation at the UW Autism Center or another provider. A list of providers collected by the UW Adult Autism Center is attached. I do not have personal knowledge of most of these providers.
- If you are not located in Washington, local autistic people or a health care provider may be able to recommend someone to evaluate you.
- An autism evaluation at the UW Autism Center can cost anywhere from around \$2500 to \$0 out of pocket, depending on your insurance. You may qualify for a scholarship of up to 80%. Our waiting list is currently 12 to 18 months.
- If you have a therapist, psychiatrist, or primary care provider, they may be able to help you get work or school accommodations if you meet criteria for a different diagnosis (e.g., depression, anxiety, PTSD, OCD, ADHD).
- It is okay to participate in the community if you don't have a diagnosis. It is okay to participate in the community if you aren't sure. It is okay to begin exploring the question and then realize it's not the right fit after all.
- Self-discovery is a journey. I hope this has been helpful in figuring out what steps may be right for you.

Contact information for the University of Washington Autism Center:

- <https://depts.washington.edu/uwautism/>
- 1-877-408-UWAC

NOTE: Inclusion of these resources does not mean that the University of Washington Autism Center agrees with everything they say. Some parts may be applicable to your experience and some may not be.

Online self-reflection resources:

- ASAN description of autism at <https://autisticadvocacy.org/about-asan/about-autism/>
- Neuroclastic description of autism at <https://neuroclastic.com/2019/10/11/a-communal-definition-of-autism/>
- DSM-5 diagnostic criteria with examples at <https://tinyurl.com/dsmdetails>
- Autism Quotient (AQ) and Ritvo (RAADS-R), available at www.aspietests.org
- Efforts to capture a “female profile” at <https://tinyurl.com/samcraftchecklist> and <https://tinyurl.com/TaniaMarshallChecklist> (overlap with anxiety, trauma, high IQ, and ADHD)
- An Autism Self-Diagnosis Masterpost at <https://tinyurl.com/selfdiagnosispost>

Self-diagnosis-friendly resources and communities:

Online Resources

- Autistic Self-Advocacy Network (<https://autisticadvocacy.org/resources/>)
- Autistic Women and Nonbinary Network (<https://awnnetwork.org/>)
- Autistic People of Color Fund (<https://autismandrace.com/>)
- AASPIRE Health Toolkit (<https://www.autismandhealth.org>)
- The Arc (<https://thearc.org/>)

Facebook Groups

- Ask Me, I’m Autistic
- Autism Late Diagnosis Support and Education

Local Seattle Resources

- Square Pegs (<https://www.meetup.com/Squarepegs/>)
- Arc of King County (<https://arcofkingcounty.org/>)
- DVR: Department of Vocational Rehabilitation (<https://www.dshs.wa.gov/dvr>)