

Self-Diagnosis-Friendly Resources and Communities

The University of Washington Autism Center does not necessarily agree with all of the information or opinions shared in these resources. Please use independent judgement when determining whether the information is applicable and helpful to your experience and needs.

General resources

- Welcome to the Autistic Community (<https://autismacceptance.com/>)
- Autistic Self-Advocacy Network (<https://autisticadvocacy.org/resources/>)
- Autistic Women and Nonbinary Network (<https://awnnetwork.org/>)
- Autism and Race, including the Autistic People of Color Fund (<https://autismandrace.com/>)

Local Seattle resources

- Square Pegs meetup groups, including a group for autistic parents (<https://www.meetup.com/Squarepegs/>)
 - The Square Pegs meetup Group is a place for those of us who are on any part of the spectrum, diagnosed or self-diagnosed, to get to know one another and make new friends without having to explain our eccentricities. If you are otherwise neurodivergent, you are welcome to join us as well.
- Arc of King County (<https://arcofkingcounty.org/>)
 - The ARC of King County serves all people with intellectual and developmental disabilities across the lifespan. Programs include information and family supports for parents, supported living services for adults living in the community, representative payee for individuals needing financial management assistance, homelessness prevention, and advocacy for people with developmental disabilities and their families.
 - Email: Ask@arcofkingcounty.org
- Alliance of People with Disabilities (<http://disabilitypride.org/wordpress/>)
- Disability Rights Washington (<https://www.disabilityrightswa.org/>)

Facebook groups

- Ask Me, I'm Autistic (<https://www.facebook.com/groups/askautistics>)
- Autism Late Diagnosis Support and Education (<https://www.facebook.com/groups/676189865840218>)
- Autistic Families of Color (WA) (<https://www.facebook.com/groups/875466955980460>)

Daily living resources

- Autistifying My Habitat (<http://timetolisten.blogspot.com/2012/08/autistifying-my-habitat.html>)
- Using Visual Supports as an Autistic Adult: A Review (<https://anotherqueerautistic.wordpress.com/2020/05/20/using-visual-supports-as-an-autistic-adult-a-review/>)
- AASPIRE Health Toolkit (<https://www.autismandhealth.org>)

Employment services

- DVR: Department of Vocational Rehabilitation (<https://www.dshs.wa.gov/dvr>)
- JAN: Job Accommodation Network (<https://askjan.org/>)- You may be able to receive accommodations through another appropriate diagnosis, such as ADHD or anxiety.
- NW ADA Center: (<http://nwadacenter.org/>) – support for any employment discrimination or ADA related questions

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 a variety of characteristics, including trauma and ADHD)
- An Autism Self-Diagnosis Masterpost at <https://tinyurl.com/selfdiagnosispost>