

## **Could I Be Autistic?**

### **A Free Workshop for the Self-Diagnosed and Wondering**

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#### **Key Points**

- There are many good reasons you might not seek a formal evaluation. The UW Autism Center and Arc of King County support self-diagnosis.
- Much of the autistic community supports self-diagnosis and some resources are available.
- The University of Washington Autism Center is not generally conducting adult evaluations at this time. A list of providers collected by the UW Adult Autism Center is attached. We 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 typically costs anywhere from a few thousand dollars to free, depending on your insurance situation. The Division of Vocational Rehabilitation may pay for an evaluation.
- 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). The Job Accommodation Network (<https://askjan.org/>) offers suggested accommodations.
- 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. We hope this has been helpful in figuring out what steps may be right for you.

*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](http://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>)
- Autastic (<https://www.autastic.com/>)
- The Arc (<https://thearc.org/>)

*Facebook Groups*

- Ask Me, I’m Autistic
- Autism Late Diagnosis Support and Education
- Autistic Families of Color (WA)
- Groups listed on Autastic (<https://www.autastic.com/>)

*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>)
- Alliance of People with Disabilities (<http://disabilitypride.org/wordpress/>)
- Disability Rights Washington (<https://www.disabilityrightswa.org/>)
- NW ADA Center (<https://nwadacenter.org>)

**Workplace Resources (not autism-specific):**

- Job Accommodation Network (<https://askjan.org/>)
- Ask a Manager (<https://www.askamanager.org/>)
- Stand Up For Yourself Without Getting Fired by Donna Ballman