

Resources shared by participants of “Could I Be Autistic?” webinar on 04/20/2022

** The UW Autism Center does not endorse or claim to have personal knowledge of those listed below nor necessarily agree with information listed on website sources. Please use independent judgment and request references when considering the use of services from any professional.*

Ask Jan:

<https://askjan.org/disabilities/Autism-Spectrum.cfm>

This page provides suggestions for different kinds of accommodations that can be helpful for autistic people in the workplace.

DDA Eligibility:

<https://www.dshs.wa.gov/dda/consumers-and-families/eligibility>

This page talks about how people can qualify for support from the Department of Developmental Disabilities.

Facebook groups and online communities:

Actual Autistic Adults and Allies: <https://www.facebook.com/groups/AAAandA/about/>

Autism Inclusivity <https://www.facebook.com/groups/199323440844846>

Autistic Party Giraffe <https://www.facebook.com/autisticpartygiraffe>

Autistics Worldwide: <https://www.facebook.com/groups/autisticsworldwide/>

Embracing Autism Community <https://www.facebook.com/groups/179096277403652>

Executive Dysfunction Life Hacks <https://www.facebook.com/groups/2070245726617867>

How to say you're neurodivergent without saying you're neurodivergent:

<https://m.facebook.com/groups/584445079359704/>

I've been autistic all along <https://www.facebook.com/groups/2435830083191135>

NeuroClastic: <https://www.facebook.com/NeuroClastic>

Neurodivergent Cleaning Crew: <https://www.facebook.com/groups/457364978654650/>

Neurodivergent Rebel: <https://www.facebook.com/NeurodivergentRebel>

Neuroclastic's directory of autism-friendly diagnosticians:

<https://neuroclastic.com/diagnosticians/>

This is a community-generated list of diagnosticians and providers who specialize in autistic adult clients, especially autistic women and nonbinary individuals.

Paige Layle (on instagram, tiktok, and youtube):

@paigelayle

https://en.wikipedia.org/wiki/Paige_Layle

<https://www.instagram.com/paigelayle/?hl=en>

<https://www.tiktok.com/@paigelayle?lang=en>

<https://www.youtube.com/channel/UCFd9e6W-saUSwje3-B2ICVg>

Paige Layle is a Canadian neurodivergence activist who writes, blogs, and creates videos about her experiences with autism and ADHD.