

# Autism in Adulthood Matters

## It's tough being a child these days

We often hear about Autism from the perspective of a child in the educational system. However, these children grow up to become autistic adults who want and need to navigate the world. In addition to this, many people are being diagnosed as adults and learning a new part of their identity whilst trying to manage life in a world that isn't designed for them. In this session, we will talk about the experience of Autism from an adult perspective. We will talk about coping skills, both healthy and unhealthy, that people use to get through the day. We will discuss the drain of trying to pass as neurotypical. We will also talk about reasonable adjustments, support and self-advocacy for making the workplace accessible so Autistic adults can thrive.

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## Session Outline

- Becoming an Autistic Adult
- Diagnosis in adulthood
- Coping mechanisms
- The danger of passing
- Reasonable adjustments
- Developing healthy habits for a lifetime

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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.