

Useful resources for people newly diagnosed with Autism Spectrum Condition

Post diagnosis:

An Adult with an Autism Diagnosis by Gillan Drew

Good book for someone recently diagnosed and relatives/friends. 'Through an introduction to the autism spectrum, and how the diagnosis is characterised, the author draws on personal experiences to provide positive advice on dealing with life, health, and relationships following an adult diagnosis.'

Autism and Asperger Syndrome in Adults by Luke Beardon

'An excellent introduction for the families of recently "diagnosed" / identified who maybe struggling to see the positive and who want to know how autistics tick and experience the world.'

I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults by Cynthia Kim.

An Aspie 'beginner's manual' with links to resources suggestions. Cynthia Kim's story about that huge minefield of getting a diagnosis on the autism spectrum and in sharing her journey of self discovery, and learning about herself with acceptance.

Women:

Odd Girl Out: An Autistic Woman in a Neurotypical World by Laura James

Personal auto-biography starting age 20 to ASC diagnosis at age 41 years and onwards. Useful practical strategies towards the end of the book (Chapter 12).

Aspergirls by Rudy Simone

'Rudy Simone guides you through every aspect of both personal and professional life, from early recollections of blame, guilt, and savant skills, to friendships, romance and marriage. Employment, career, rituals and routines are also covered, along with depression, meltdowns and being misunderstood. Including the reflections of over thirty-five women diagnosed as on the spectrum, as well as some partners and parents, Rudy identifies recurring struggles and areas where Aspergirls need validation, information and advice.'

Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age by Sarah Hendrickx

Clearly written and encompasses a wide range of issues that are relevant to women of all ages on the spectrum.

https://autismwomensnetwork.org/about/

'The mission of the Autism Women's Network is to provide effective supports to Autistic women and girls of all ages through a sense of community, advocacy and resources. AWN is committed to recognizing and celebrating diversity and the many intersectional experiences of Autistic women.'

https://musingsofanaspie.com/

Blog by woman diagnosed at age 42. Some very good articles on all subjects.

https://thegirlwiththecurlyhair.co.uk/ (The Girl with the Curly Hair)

Excellent website about women/girls with Asperger Syndrome.

https://www.facebook.com/ForWomenWithAspergers/

Open Facebook group run by women with Asperger's, for other women with Asperger's 'intended to inspire and support others like ourselves, and to promote awareness'.



https://www.facebook.com/groups/172742736208005/ - British Women with Aspergers – UK connect Group

Closed Facebook group for women 18+ who are either self-diagnosed, formally diagnosed, in the diagnostic process or strongly suspect they may have Aspergers Syndrome/ASD/ASC. Members must reside in the United Kingdom (or be born in the UK and now living overseas as an ex-pat). 'An online group like no other, where you can be yourself and safely express things.'

Anxiety and Depression:

Asperger Syndrome and Anxiety: A Guide to Successful Stress Management by Nick Dubin Written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioural Therapy (CBT).

Asperger's Syndrome and Anxiety: by the girl with the curly hair: Volume 8 (The Visual Guides) by Alis Rowe

Through a series of short narratives, diagrams and graphs, the author explains why certain situations make people with ASD anxious and provides strategies and coping mechanisms.

Overcoming Anxiety and Depression on the Autism Spectrum: A Self-Help Guide Using CBT by Lee Wilkinson.

Might be useful – gets mixed reviews. 'The author takes the best of CBT self-help strategies, to encourage self-analysis, and to help adults on the spectrum make better decisions in activities such as employment or relationships.

The Autism Spectrum and Depression by Nick Dubin

Written specifically for adults with ASD, this ground-breaking book offers accessible and sensitive advice on how to manage depression and make positive steps towards recovery.

Information for Partners:

https://www.facebook.com/groups/AspergatedWives

A Facebook support group for any woman living with any partner that is affected by Asperger's Syndrome whether formally diagnosed or not.

http://help4aspergers.com/

The website of Rudy Simone, author of '22 Things a Woman Must Know if She Loves a Man With Asperger Syndrome'

https://www.actionforaspergers.org/asperger-marriage-counselling/

An organisation which, amongst other things, provides counselling for couples and NT partners by individuals with a real understanding and knowledge of Asperger's Syndrome.

https://psychcentral.com/lib/self-care-tips-for-those-married-to-someone-with-asperger-syndrome/

Article by licensed psychologist Kathy Marshack, Ph.D. has worked as a marriage and family therapist for 34 years. Asperger Syndrome is one of her specialties, and she has counseled hundreds of couples, families and individuals who are on the Spectrum.