

SHARING SOME OF
THE BEST COMMUNITY RESOURCES ALL AVAILABLE IN THE
EPIC AUTISM-AFFIRMING PADLET HOSTED BY
SPECTRUM GAMING



HELPING
YOU BUILD
YOUR OWN
AUTISM
RESOURCE
LIBRARY

A growing collection of Autism Affirming Resources

www.padlet.com/spectrumgaming/epic-autism-resources

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• Playfulness, Acceptance, Curiosity and Empathy

Developed by Dan Hughes PACE.is essential to create feelings of connectedness and safety.

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A cceptance

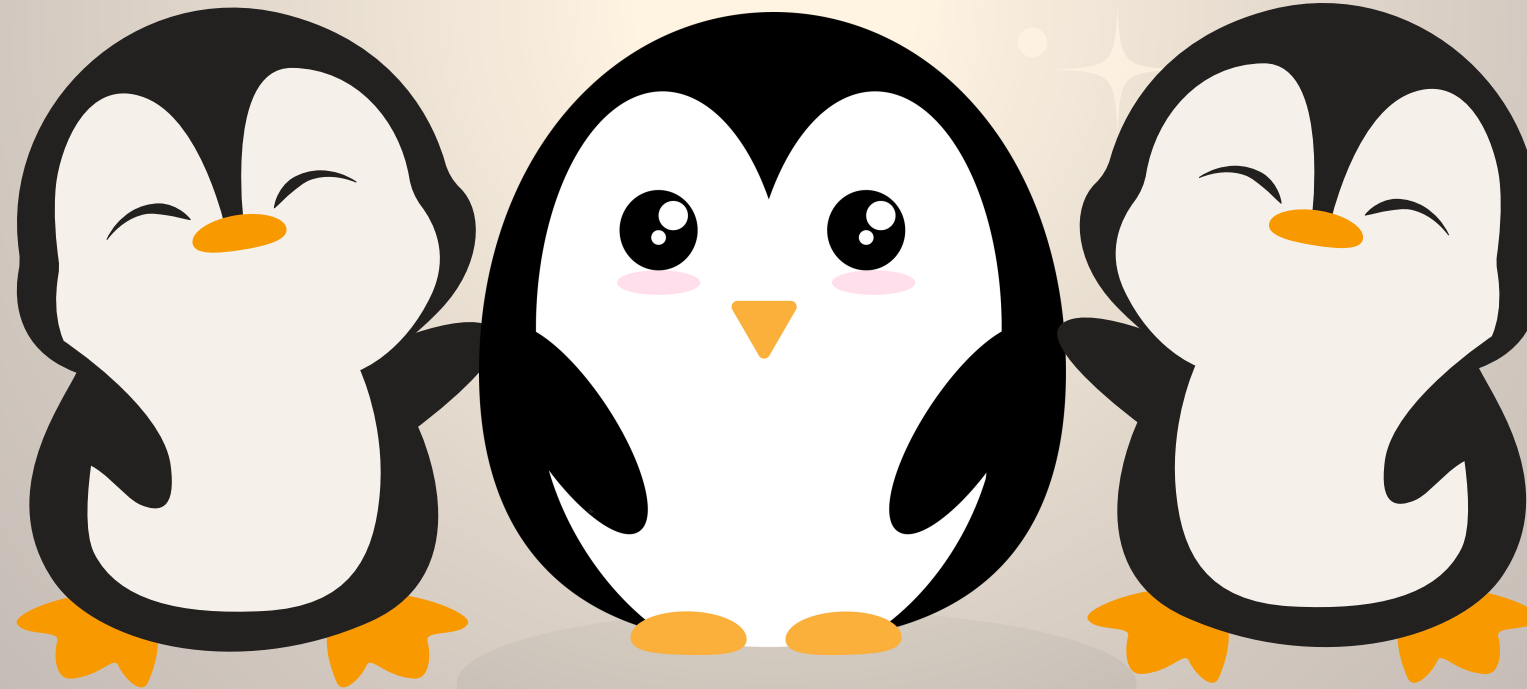
ABC's of love (A cceptance, B elonging, C onnection) are the motto for the

National Autism Trainer Programme #NATPmentalhealth

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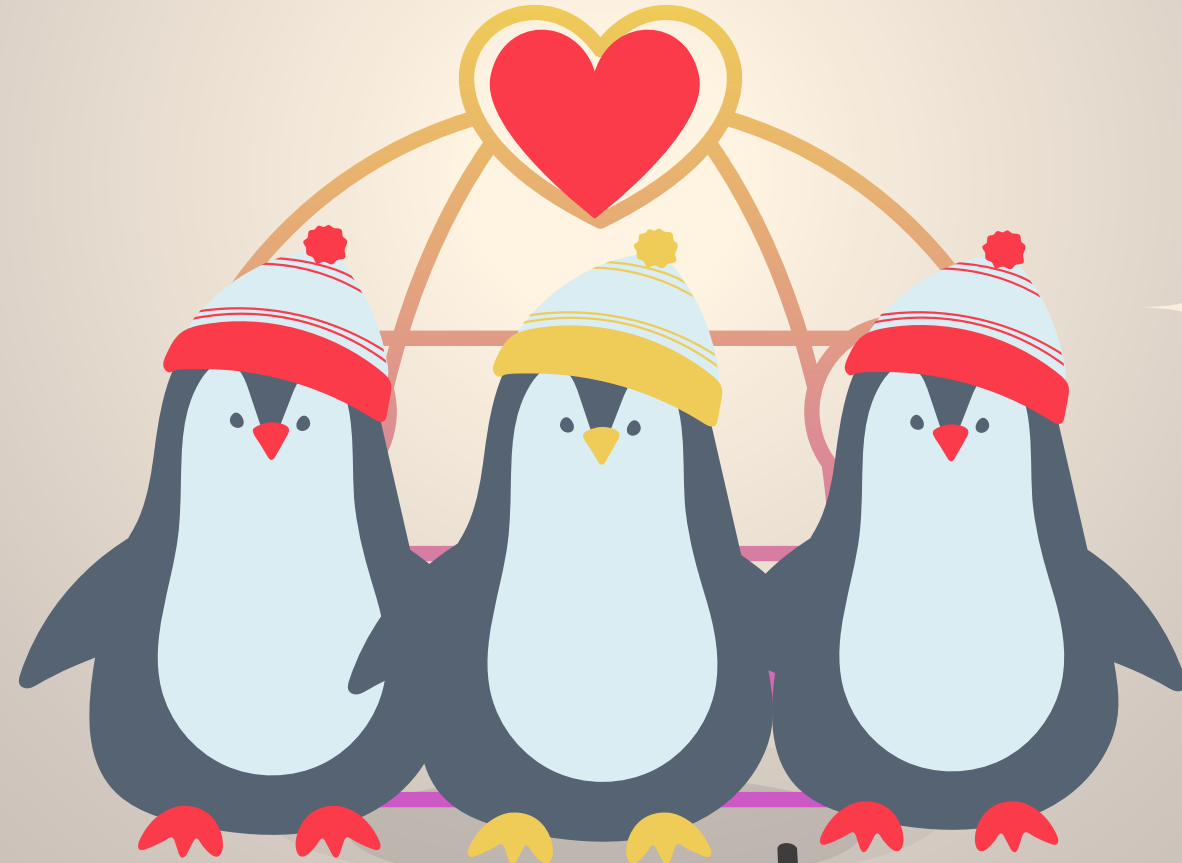
Connection

Connection (Acceptance, Belonging, Connection) #NATPmentalhealth and Community
We must value what individuals and communities want, respecting lived experiences

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Empathy.

Empathy is part of PACE. #DoubleEmpathy theory (Damion Milton) explains that being autistic is not the wrong way of being, it is simply different, helping us to #FlipTheNarrative

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Augmentative and Alternative Communication (AAC) includes all forms of communication

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Stimming

Stimming is expressing emotion, regulation & communication.

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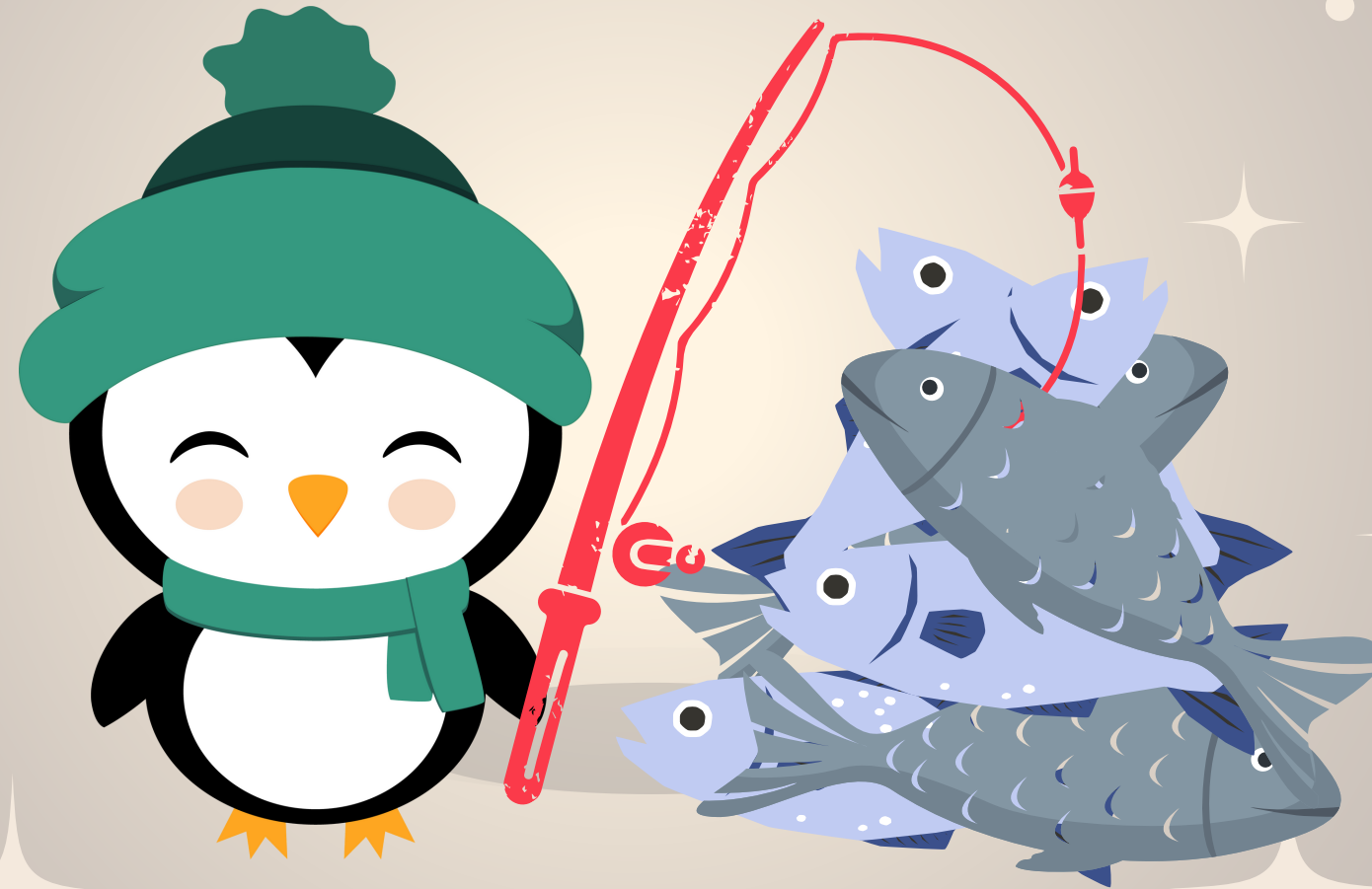
Spoons and Energy.

Spoon Theory was developed by Christine Miserandino as a way to explain how social and sensory energy is used. It can be a helpful way to visualise your energy levels and can help you plan your day and time needed around events

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Passions/Interests

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Physical Health

Many autistic and neurodivergent people also have co-occurring physical health difficulties including Ehlers-Danlos syndrome/joint hypermobility syndrome, more support and accommodations may be needed.

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Environments Matter

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AUTISTIC REALMS
Neurodiversity
Affirming



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Recommended Reading

Learning about Autism can happen in many different ways.

If you like reading then we have a great list of autism affirming books here!

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Diversity is beautiful, natural, needed

A thriving natural ecosystem requires biodiversity. A thriving society requires neurodiversity.

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Autism and Eating

Eating the 'same food' is a way of feeling safe

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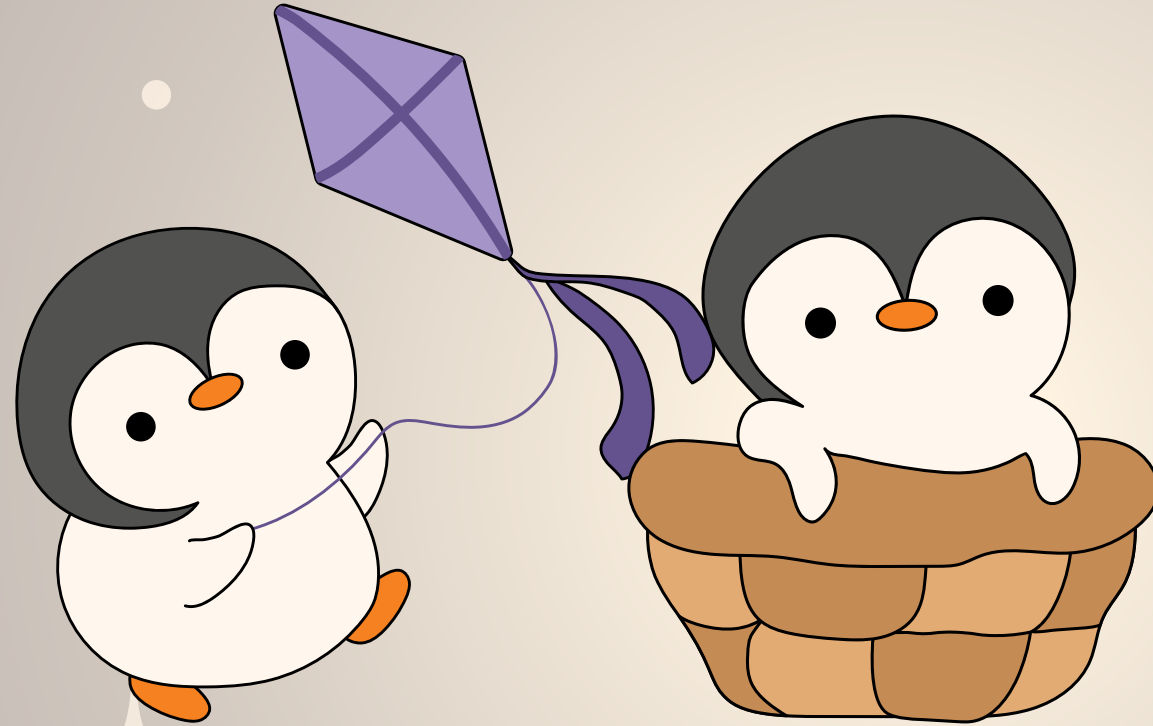
Monotropism

Monotropic minds tend to have their attention pulled more strongly towards a smaller number of interests at any given time, leaving fewer resources for other processes. <https://monotropism.org/>

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Autistic Play

“ALL PLAY IS OK”

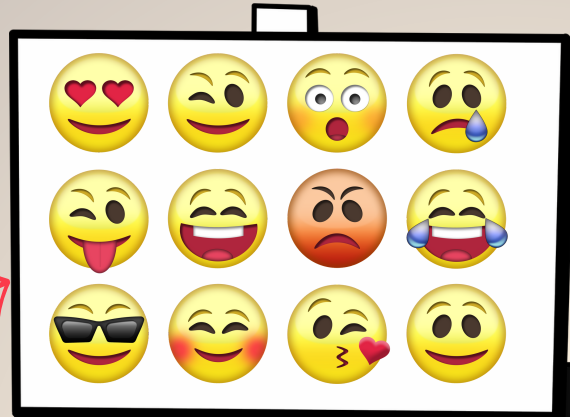
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Giving space
to others
when upset

Info-dumping
about our
passions



Emojis,
texting,
voice notes

Pebbles

Body doubling

Autistic Communication

“Languages of Love”

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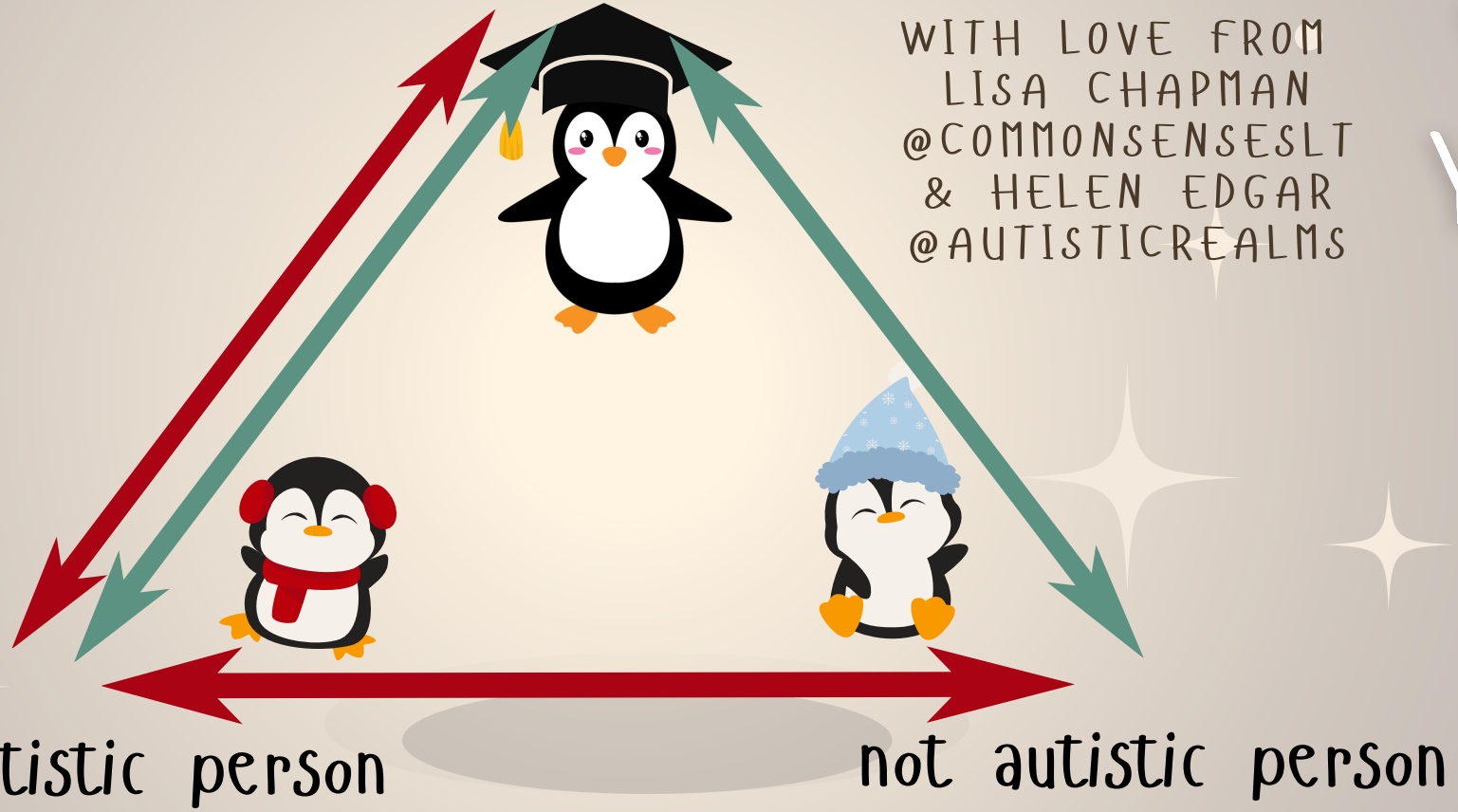
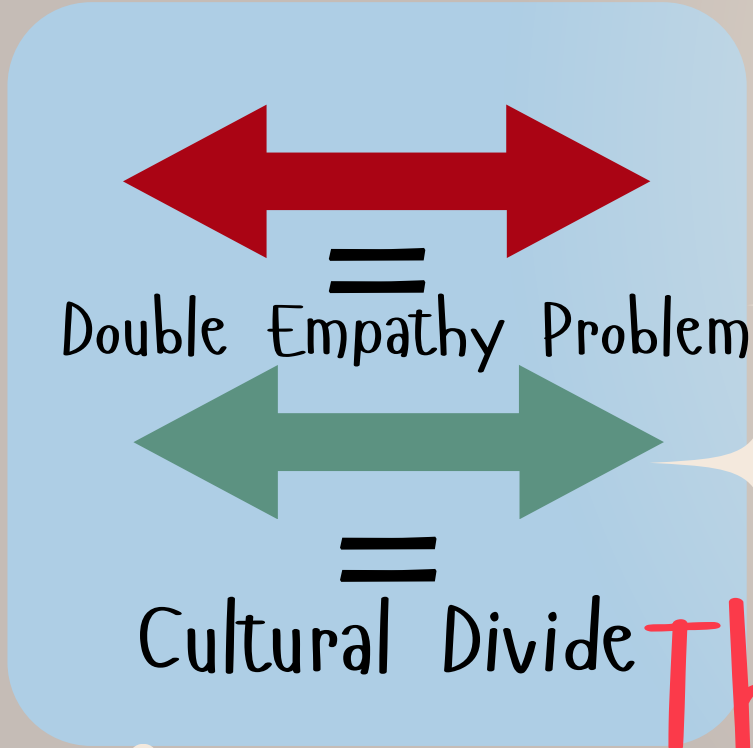




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not autistic professional.

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The Triple Empathy Problem



Reflecting on the work from Shaw et al., (2023) and The Double Empathy Problem (Milton 2012), a Triple Empathy Problem may be at play in relation to communication between autistic people and non-autistic professionals in healthcare and also in education.

Shaw SC, Carravallah L, Johnson M, O'Sullivan J, Chown N, Neilson S, Doherty M. Barriers to healthcare and a 'triple empathy problem' may lead to adverse outcomes for autistic adults: A qualitative study. Autism. 2023 Oct 17:13623613231205629. doi: 10.1177/13623613231205629. Epub ahead of print. PMID: 37846479.

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Clothing

“Check in about what works for individuals”

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Benefits of Gaming for Autistic people

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Embracing Autistic Identity.

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Autistic JOY

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Routines & Reducing Uncertainty

Routines help to reduce uncertainty and increase feelings of safety

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It's Good To Be Me!

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