



Key Take-Aways

Redefining the Autism Narrative: Part 1

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Summary: Negative autism myths need to be erased for empowering, strengths-based, neurodiversity-affirming approaches that support everyone's well-being since we all learn and develop differently and different learners require different supports

- Many adult autistics have spent their lives feeling different, being invalidated, and internalizing their traumatic experiences
- The current diagnostic criteria aren't a reflection of autistic people but rather are a reflection of distressed behaviours
- The Social Model of Disability applies to autism where the majority of the disabling experience is not the fault nor responsibility of the autistic individual, but rather due to the structure, narrative, culture, and environment in which they exist (which we as parents have an enormous impact over)
- The Double Empathy Problem explains how the tools and knowledge the professionals have are faulty because nothing they've learned has been talked about from an autistic perspective

Link to this blog: <https://affectautism.com/2021/08/07/re-defining>