# THE BIG AUTISTIC RESOURCE GUIDE

October 2023
6th Edition



www.MomOnTheSpectrum.life

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# Hello!



As autistic adults, we know the best support for our community comes *from* our community. But it can be tricky to find these resources, especially if you're newly discovering your place on the spectrum. So, I created this guide as a convenient tool to help you access resources, connect with the community, and support autistic-owned businesses.

If you have a suggestion or want to be added to the BARG, please email the address below. I will work to keep the list up-to-date, but keep in mind that it may take some time for me to add new suggestions. I'm excited to see how this resource evolves alongside our community!

xo. Taylor

**To submit a feature request**, email details to submissions@momonthespectrum.life.
Please include URLs for suggested content.
There is no fee to be listed in the BARG.

MOM ON THE SPECTRUM @TAYLOR_HEATON_ @TAYLOR_HEATON_

WWW.MOMONTHESPECTRUM.LIFE

# Autistic YouTubers

These autistic YouTubers (myself included!) share content on everything from special interests to daily life on the spectrum. There is always new content coming out on these channels to educate and support autistic individuals and the people in our lives.

- Amythest Schaber
- Autism from the Inside
- Autistic Alien
- Autistic in Sweden
- Autmazing
- Bri Booth
- Burlington Piano Lessons
- Charlie Rewilding
- Chloe Hayden
- Crafty Autist
- Dave Travels in Time
- Diniel Delaware
- Foster on the Spectrum
- Gemma's Journey Grace
- GetSould
- Girl from Planet Aspie
- Grandma's Food Garden
- Holistic Autistic
- Hot Sauce and Chill
- Hunter Hanson
- I am Mind Blind
- I'm Autistic, Now What?
- Infilove - Reaching Your Potential
- Jenny Aspie
- Joe Cox
- Julie Grandon, Real Estate

**It takes a lot of time and energy to keep this guide up-to-date. Please consider making a donation to ensure the BARG's longevity.**

# Autistic YouTubers, cont.

These autistic YouTubers (myself included!) share content on everything from special interests to daily life on the spectrum. There is always new content coming out on these channels to educate and support autistic individuals and the people in our lives.

- Mom on the Spectrum (Taylor Heaton)
- My Neurodivergent Life
- Ms. Terry's Soaps and Such
- Navigating The Spectrum
- Neurodivergent Me
- Neurodivergent Rebel
- Not Neurotypical
- Olivia Hops
- Orion Kelly
- Paige Layle
- Ponderful
- Purple Ella
- Runaway Germ
- Shine Lucky Penny
- Sparkling Spectrumite
- Suddenly Autistic
- Tasselfairy
- The Aspie World
- The Thought Spot
- Tyla Grant
- Woodshed Theory
- Yo Samdy Sam

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# Autistic/Neurodivergent Social Media Content

This list includes #actuallyautistic accounts and accounts supporting people on the spectrum across Instagram, TikTok, Facebook, and LinkedIn.

- @21andsensory
- @2dadscandoit
- @aac.and.me
- @aaronisahouseplant
- @actually____alex
- @actuallyautisticalex
- @actuallyautisticalien
- @actuallyautistictiktoks
- @a_different_spectrum
- @afriendforlillybug
- @agonyautie
- @allthingssensorybyalissa
- @aluladogwear
- @amor_binders
- @aneurodivergentway
- @asiatu.coach
- @authentic.autistic_
- @autiblog
- @autie.analyst
- @autinelle
- @autism_sketches
- @autistic_amber
- @autisticblackgirl
- @autisticbookclub
- @autistic_callum_
- @autistic_therapist
- @autumns_road_2_discovery
- @batmoons
- @bohospeechie
- @bribooth2021
- @chloeshayden
- @divergent_design_studios
- @drawntoaac
- @drdevonprice
- @_ellawillis
- (cont. on next page)

- @embracingthespectrum
- @ethereal_autistic
- @fidgets.and.fries
- @frogs_feelings
- @gabeneuroqueer
- @galaxibrain
- @gemmasjourneygrace
- @graciellablooms
- @hickorynut.crafts
- @holisticautistic
- @iampayingattention
- @isabelladoautism
- @jezzchung
- @joe.cox27
- @justkeepstimming
- @_kristyforbes
- @leon.rose_
- @life.behind.a.mask
- @lifeinanautismworld
- @lifewithlyralab
- @livedexperienceeducator
- @megemikoart
- @mollys_adhd_mayhem
- @monalogue
- @morganharpernichols
- @motherhoodphasing
- @mrsspeechiep
- @mxdevin
- @myautisticsoul
- @nd.narratives
- @neuroclastic
- @neurocurioustherapist
- @neurodifferent
- @neurodiverletrasau
- @neurodivergent_lou
- @neurodivergentrebel
- @nicolegottesmann
- @nigh.functioning.autism
- @oliviahops
- @omgimautisticaf
- @orionkelly_australia
- @paigelayle
- @pixiesbigwhy
- @purpleellaandcoco
- @reberrabon_bon
- @sarahjmurr
- @sassy_autistic_advocate
- @sensoryhuman
- @_soundoftheforest_
- @softandfierceart
- @speechhiccups
- (cont. on next page)

- @speechologist
- @stims.and.stones
- @studiomucci
- @taylor_heaton_
- @the.aac.coach
- @thearticulateautistic
- @theaspieworld
- @theautisticlatina
- @theautisticlife
- @thebrooklynbruja
- @theexpertally
- @thefriendineverwanted
- @thenoirodivergent
- @thequeeradvocate
- @thespectrumgirl
- @veganluke
- @weareunmasked
- @women_have_autism_too
- @woodshed_theory
- @yosamdysam
- @autistic_curiosity
- @aspergirl
- @spectrumsportsnj
- @autismtn
- @auti_biografico
- @pov_divergente
- @divergentpov
- @msTsoap
- @thehermitsdiceshop
- @hartwildcards
- @sparkling_spectrumite
- @girlfromplanetaspie
- @ms.terrys.soapsnsuch
- @lemuriandreamweaver
- @kglifestylephotography
- @eadenimaging
- @hmlloydmercantilellc
- @addison.rhys
- @wasatchwanderersanimal rescue
- @autisticevie_art
- @formationselfcare
- @yoga_for_neurodiversity
- @laura.nd.nurse.consulting
- @aprilnarducci
- @myneurodivergentlifeyt

# Facebook Pages

- Awakened Neurodivergence
- For Dallas/FortWorth parents: AUsome Moms
- Autism Discussion Page: https://www.facebook.com/autismdiscussionpage/?fref=ts&ref=br_tf
- Autism Acceptance: https://www.facebook.com/PromoteAutismAcceptance/?fref=ts
- Asperger's Support Network: https://www.facebook.com/ASPERGERSSUPPORTNETWORK/
- Parenting Autistic Children with Love and Acceptance (used as a place to ask questions and receive advice from fellow parents, Autistic people, and Autistic parents): https://www.facebook.com/ParentingAutisticChildrenWithLoveAcceptanc
- Neurodiversity Chat Room: https://www.facebook.com/groups/2544851415637531/
- Neurodiversity Newstand: https://www.facebook.com/search/top/?q=neurodiversity%20newsstand&epa=SEARCH_BOX
- Enriching the Aspie Woman's Lifestyle: https://www.facebook.com/aspiesclaimyourlife
- April Narducci, autism parent resources

# TikTok Accounts

- @actually___alex
- @paigelayle
- @taylor_heaton_
- @thecreativenerdd
- @neurodivergentrebel
- @joe.cox90
- @soundoftheforest
- @orionkelly_australia

# LinkedIn Accounts

Ellie Middleton
Mollie Pittaway
Nathanail Linardis (artist)

# Autistic/Neurodivergent Businesses

Below you'll find autistic businesses to support and connect with across various industries.

- Sensory Friendly Apparel @byalexawilliam
- Neurodivergent Fitness Solutions @inclusive_fitness_team
- Skin care @haniniskincare
- AuDHD Early Childhood Education Consultant @intentionalteachingsolutions
- B.Wells Writing
- Pets Pizzazz
- Sophie Hines - sensory-friendly/gender-flexible undergarments
- Savor by Suzie - allergy-friendly snacks
- Desert Gem PC Repair
- Neurodivergent and Disabled Creative Network, Cara O'Doniel, https://nddcn.org/
- Scentsy, Heather Thompson
- Ride On Therapeutic Horsemanship
- Ippo Ippo Japanese - online Japanese tutoring service with Elly Darrah
- Aceing Autism - teaching tennis to autistic kids
- Cycle-Syncing Coach - Briana Villegas
- Handmade Soap by Terry Bartlett
- Handmade resin dice by Carolyn DeWitt
- Custom greeting cards by Tina Wilstrup, Instagram: @hartwildcards
- VPN Services by JimoVPN
- Designs by Sue Read Designs
- Burlington Virtual Piano Lessons
- Holistic Interior Design - Catherine Rose Design

# Autistic/Neurodivergent Businesses (cont.)

- The Autistic Nutritionist
- Sensory Enrichment Consultant, Sarah Casburn
- Schmoodncompany Candles
- Yellow Sky Bookkeeping
- KG Photography
- Eaden Imaging, LLC: Branding Photography and Visual Art
- HMLLOYD Mercantile LLC: Prints, Yarn, Soap, Bookmarks
- Lunacy Creative
- Love Your Vows, Vow Writing Services
- Kuntebuntgetupft
- Peace Meal Art, mixed media on canvas + handmade greeting cards
- A recta nitida menta - handwritten stroke calligraphy/wearables
- Elizabeth Whalen, Vedic Astrologer
- Fidgets for All Co
- Yoga for Neurodiversity with Becky
- Laura Hellfeld, Neurodivergent Nurse and Sleep Consultant
- Heather Landex, Food Inclusivity Mentor

- Cost Plus Drugs (not a neurodivergent biz but could be very helpful for low cost prescriptions)

# Local ND Businesses

The list is small right now but it will keep growing!
Send your submissions to submissions@momonthespectrum.life

## US

**Colorado**

- Pueblo, Colorado: Hairstylist - Makeup by Esa aliceavaldez@gmail.com

**DC Area**

- Julie Grandon, Realtor, http://www.julie.grandon.com/

**Texas**

- Austin: Hairstylist - Peyton Walker (512) 994-1515 (call or text)
- DFW: In-Home Tutoring for Special Needs Children, Amazing Advances with Sarah Napierkowski, amazingadvances2020@gmail.com
- East Texas ND Pediatrician, James Davis 903-590-5555

**Utah**

- Wasatch Wanderers Animal Rescue

**Vermont**

- Burlington: Piano lessons with Sam Whitesell

## CANADA

**New Brunswick**

- Saint John: Doula - How Do You Doula Services, http://howdoyoudoula.ca/

**Quebec**

- Montreal: Doula - The Radiant Doula, http://bit.ly/3DSnr6L

# Autistic Products & Services

Here are some products that people in the autistic community have found supportive for navigating life on the spectrum.
This list also includes products created by autistic individuals.

- Meltdown Survival Guide
- Mom on the Spectrum's Favorite Things for Sensory Overwhelm
- Flare earbuds for sensory overwhelm (affiliate link)
- Emergency Card (English, Spanish, Italian, Hungarian, German, French)
- Disney Disability Access Pass
- National Park Pass (Lifetime Access Pass is available for free for people with disabilities)
- Netherlands Emergency Card
- Mantras to Manage Imposter Syndrome
- Autism Infographics by Larissa Minner
- Autism Infographics by Autistic Realms
- Disney World Autism Guide
- Workplace Adjustments for Executive Dysfunction
- Audrey Jamieson Editing, Editing services for fiction literature
- Career Coach/Resume Boss, Katie Travis
- Autism Essentials Free Online Course

# Autistic Artistis

- Nathanail Linardis
- Ursula Roma
  - Metal Works
  - Paintings
- @jimeanadanay music
- LemurianDreamWeaver - commissioned art pieces
- Chloe Bunde

# Autism Evaluations

It can be tricky to find a provider who understands how autism presents in adults, especially in women. Please help us add to this list by sharing other providers you've had positive experiences with. (submissions@momonthespectrum.life)

If you're seeking resources for autism self-assessment or booking an evaluation, start with the list below.

## Autism Evaluations

- Spectrus Psychological
- Northern Colorado Assessment
- Embrace Autism
- Empowered Together Psychological Services
- Balanced Life Solutions
- Global and Autism Spectrum Partnership (Spanish and ASL available)
- Wilderwood
- Insights Denver
- Esra Karaca, PsyD
- Axia, UK Diagnostic Center
- Charis Learning Center, Vermont
- Jill Foley Torres, PsyD, Texas
- MindWorks Psychological Services, Florida
- Marcia Eckerd, PhD
- Adapt Psychological Services
- Reclaimed Divergence, Ohio
- Nurturing Divergence, Georgia

**Embrace Autism**, Online Tests

**Global Adult Autism Services Map**

**Directory of Specialists Diagnosing Autism in Adults**

# Websites

Here are some websites that are supportive of the autistic community.

- Embrace Autism: https://www.embrace-autism.com
- Mom on the Spectrum: https://www.momonthespectrum.life
- Neuroclastic: https://www.neuroclastic.com/
- Olivia Hops: https://oliviahops.org/
- Orion Kelly: https://orionkelly.com.au/
- Autism Self Advocacy Network (ASAN): https://autisticadvocacy.org/
- Thinking Person's Guide to Autism: http://www.thinkingautismguide.com/
- Wrong Planet: https://wrongplanet.net/
- Autastic, https://www.autastic.com/
- Aaspire, https://aaspire.org/
- Autism Society, https://autismsociety.org/
- Autistic Women and Nonbinary Network, https://awnnetwork.org/
- Autism Now, https://autismnow.org/
- AANE, Asperger/Autism Network, https://www.aane.org/
- https://www.Autism-101.com
- https://www.autisticrealms.com/
- http://www.adhdinterrupted.com/
- https://allbrainsbelong.org/

# Online Autistic Communities

Autistic community is so important, and one of the best ways we can connect with each other is online. Here are some autistic communities to plug into no matter where you are in the world, from Discord servers to autistic subreddits.

**Autism Forums**
**Asperger Experts**
**Autastic (BIPOC)**
**Crochet the Day Away**

## Discord Communities

- ASDirect on Discord
- Autism Unmasked on Discord
- Planet Aspie
- Spectroomz on Discord
- DFW Autistic Support Group (also meets IRL)

## Reddit Communities

- r/artisticspectrum
- r/AskAutism
- r/aspergers
- r/aspergirls
- r/AspieGirls
- r/aspiememes
- r/aspiepositivity
- r/autism
- r/AutismInWomen
- r/autismmemes
- r/AutismTranslated
- r/AutisticAdults
- r/AutisticPride
- r/AutisticWithADHD
- r/NDemployed
- r/NeurodivergentFitness
- r/neurodiversity
- r/QueerAspies
- r/SexOnTheSpectrum

# Books

This page contains affiliate links. As an Amazon affiliate, I earn a  commission off of qualifying purchases.

- Aspergers in Love by Maxine Aston
- I Think I Might Be Autistic by Cynthia Kim
- NeuroTribes by Steve Silberman
- The Other Half of Asperger Syndrome by Maxine Aston
- Brain Lock by Jeffrey M. Schwartz MD
- Who You Were Meant to Be by Dr. Lindsay Gibson PsyD.
- Complex PTSD: From Surviving to Thriving by Pete Walker
- Magazine: The Autist's Companion
- Is This Autism? by Donna Henderson and Sarah Wayland

## **Books by Autistic Authors** (affiliate links)

- Autism in Heels by Jennifer O'Toole
- Autism Feels by Orion Kelly
- Different, Not Less by Chloe Hayden
- Divergent Mind by Jenara Nerenberg
- Odd Girl Out by Laura James
- Stim: An Autistic Anthology by Lizzie Huxley-Jones
- The Electricity of Every Living Thing by Katherine May
- Uncomfortable Labels: My Life as a Gay Autistic Trans Woman by Laura Kate Dale
- Unmasking Autism by Devon Price, PhD
- What I Mean When I Say I'm Autistic by Annie Kotowicz
- Nonverbal by Raina Ash
- Love and Panic by Raina Ash
- Limitless Roads Cafe by Samantha Picaro
- The Episodes of My Life by Clinton Strader
- The Delusion The Imposter The Reality by VC Deneen

## **The "Autism Books By Autistic Authors" Project**

# Reading for Autistic Children

This page contains affiliate links. As an Amazon affiliate, I earn a small commission off of qualifying purchases.

- A Different Sort of Normal by Abigail Balfe
- A Kind of Spark by Elle McNicoll
- Awesome Archie by Archie and Rebecca Clapcott
- I Have an Artistic Dad by Jogo Bean

# Autistic Podcasts

For autistic companionship and insights while you're out and about, explore this list of podcasts created by autistic individuals.

- Not Neurotypical
- Orion Kelly
- Aspie World
- Meet My Brain - A Field Guide to Autism
- "Oh, that's just my autism"
- Squarepeg Podcast by Amy Richards
- Thoughty Auti by Thomas Henley
- The Neurodivergent Woman Podcast
- The Other Autism, Kristen Hovet

# Autism Resources for Parents

This is a list of autism resources for parents, whether you're a parent of autistic children, an autistic parent, or both.

- Asperger Experts
- The Asperkid's (Secret) Book of Social Rules by Jennifer Cook O' Toole (affiliate link)
- 7 Easy Ways to Motivate Someone with Aspergers by Asperger Experts (affiliate link)
- How "Autism Warrior Parents" Harm Autistic Kids - http://www.theestablishment.co/2016/09/22/how-autism-warrior-parents-harm-autistic-kids/
- Parenting Autistic Children with Love and Acceptance, official blog: http://autloveaccept.wordpress.com/
- Respectfully Connected - another parent-oriented blog: http://respectfullyconnected.com/
- We Are Like Your Child: http://wearelikeyourchild.blogspot.com/
- ABA thoughts https://abacontroversyautism.wordpress.com/?fbclid=IwAR3WXr66HISHZhGeeI7k1FoafRJrj60YgyLLpGGkIIYSPbJjAYFcIm03H6A
- Kaboose - a social app especially for young people with autism: https://www.kaboose.app/
- I Have an Artistic Dad by Jogo Bean (book)
- Blue Parachute, skill-building videos for parents and children
- April Narducci, parenting resources

# Resources for Autistic Professionals

Employment as an autistic person can come with many challenges. Here are some resources designed to help you navigate those challenges and feel better accommodated in the workplace.

- Spectroomz: helps autistic adults get work-from-home jobs
- The Digital Picnic: company that employs NDs and advocates for helpful changes in the workplace
- Autism in the Workplace: support videos from Mom on the Spectrum
- Mentra: https://www.mentra.me/ (founders and all employees are currently neurodivergent)
- Hire Autism: https://www.hireautism.org/
- Workplace Adjustments for Executive Dysfunction
- Auticon - hiring autistic adults for tech positions
- The Ultimate A-Z Guide for Neurodiversity at Work
- Neurodiversity Media
- Australia: Xceptional (Employment inclusion specialists)

# BIPOC Resources

Help us grow this section! Send in your recommendations to submissions@momonthespectrum.life.

- Autastic.com

# Mental Health Resources

This list includes resources created by autistic mental health professionals and those who specialize in supporting people on the spectrum.

- **Whitworth Stressometer** - Free written and audio relaxation exercises by autistic psychologist Dr. Pamela Whitworth, PhD
- **Stress Management Protocol** by Dr. Jennifer Williams, PhD
- **AASPIRE Healthcare Toolkit,** https://autismandhealth.org/
- **Workplace Adjustments for Executive Dysfunction** by Neurodivergent Emabler
- **DFW ASD Resource Hub**

# General Counseling

- Dina Yousef, PhD - https://www.dallasctc.com/denton
- Barbara Hokamp, PhD https://www.barbarahokampphd.com/
- Lotus Counseling in Flower Mound - https://www.lotus-counseling.com/meet-our-team
- Zane Dodd, PhD and associates at Chrysalis Center https://thechrysaliscenter.com/
- UNT Psychology Clinic - https://psychology.unt.edu/clinics-and-centers/psychology-clinic/contact
- Carly and Chloe, The Autistic Therapists: carlyandcloie@gmail.com
- Linda M. Dame https://www.lindamdame.com, Vancouver, BC

# Neurodiversity Affirming Counseling

- Peace Psychology Center www.peacepsychologycenter.com
- Center for NueroPerformance Counseling www.cncflowermound.org
- Melvin Bellows www.roomforchange.info
- Sam Peters, LPC 214-761-6347
- Shelby Presteridge www.solissolutions.org
- Stephanie Womack, PhD www.assistpsych.com
- Jaci Varnell, LPC https://www.mymckinneycounselor.com/
- Dr. Stephanie Adams Mendez, PhD N.C.S.P. http://www.empoweredtogetherla.com/
- Neurodivergent Therapist Directory https://ndtherapists.com/
- Balanced Life Solutions, Cindy Finefrock
- The Self Care Spot, Rayne Satterfield (autistic therapist) www.theselfcarespot.com
- Real Life Community Behavioral Health
- Lopez Psychological Services, Teletherapy, California

# LGBTQIA+ Affirming Counseling

- Aimee Tanos, LPC - https://www.aimeetanos.com/
- Lynn Ball, MA, LPC-A https://www.lotus-counseling.com/current-counseling-groups/found-family
- Beth Jackson, LMFT-A www.spectruspsych.com
- Stephanie Womack, PhD www.assistpsych.com
- Jaci Varnell, LPC https://www.mymckinneycounselor.com/
- Enedelia Sauceda, PhD https://www.drenedeliasauceda.com/
- The ADHD and Spectrum Centre
- Authentic Therapy Services https://www.authentictherapyservices.com/

# Couples Counseling

- Mindy Howard, LMFT-A www.convergecouplетherapy.com

# Psychological Testing

- Stephanie Womack, PhD www.assistpsych.com
- UNT Psychology Clinic - https://psychology.unt.edu/clinics-and-centers/psychology-clinic/contact
- Balanced Life Solutions
- Jill Foley Torres, PsyD, Texas

# Psychiatry

- Imran Khawaja, MD - www.MDTruCare.com
- Aketa Malhotra, MD - Apollo Psychiatry www.apollopsych.com
- Aaron Langford, Psychiatric Nurse Practitioner - https://advancedpsychiatrydfw.com/

# Intensive Outpatient, Partial Hospitalization

- Connections Wellness Group - https://connectionswellnessgroup.com/
- Charis Behavioral Heealth - https://charisbh.com/

# Inpatient Treatment and Crisis Evaluation

- Mesa Springs - https://mesasprings.com/
- Cook's Children's - https://www.cookchildrens.org/services/behavioral-health/specialty-programs/inpatient-care/

# Addiction and Non-Addiction Treatment Services

- Sante Center for Healing - https://www.santecenter.com/

# Occupational Therapy

- Amber Covington, OTR

# Neurodiversity Financial Planning

- Planning Across the Spectrum www.planningacrossthespectrum.com

# Neurodivergent Housing, Enrichment, and Day Program

29 Acres Living and Programs
https://29acres.org/programs/
connect@29acres.org
(214) 550-8831

# Autistic/ND Life Coaching

- Megan Colleen Johnson, https://megscolleen.com/
- Shelly Lyons, https://www.shellylyonscoaching.com/
- Enriching the Aspie Woman's Lifestyle: https://enrichinglifestyles.org/
- Spanish/English Autistic Life Coach and Psychologist, Elisa Valenzuela www.elisalifecoach.com
- Autistic/ADHD/Dyscalculia Life Coach - Rebecca Goulart with Rise Leadership
- Athena St. Juste, Neurodiverse Life Coach: athenalovesliiife@outlook.com
- Christine Tracy, Self Care Coaching
- Erin Davenport, Light of the Traveler Coaching
- Kelly Walsh, CranioSacral Therapy/Nervous System Care/Soul Initiation Ally
- Career Coach/Resume Boss, Katie Travis
- Corporate Neurodiversity Coaching, 2 Empty Chairs
- Heather Landex, Food Inclusivity Mentor

# Sex Ed Resource List from Crehan Lab

https://sites.tufts.edu/crehanlab/sex-ed-resource-list/

# Autistic Non-Profit Organizations/Charities

- As I Am, Ireland, https://asiam.ie/

# Crisis Resources

- National Suicide Prevention Lifeline - (988)
  - (Yes, it's just 988, and you can call and/or text)
- SAMHSA's National Helpline - 1-800-662-HELP (4357)
- Text Crisis Line - Text HOME to 741741 to connect
- Veteran Crisis Hotline - 1-800-273-8255 then Press 1
- Veteran Crisis Text Line - Text any message to 838255
- LGBT TrevorLifeline - 1-866-488-7386
- Trans Lifeline 877-565-8860
- ID & Autism Support - Project Connect - 888-847-3209

# Articles

- Important Works from Nick Walker's blog, Neurocosmopolitanism.com
- This is Autism (an almost poetic piece about the subjective experience of being autistic): http://neurocosmopolitanism.com/this-is-autism/
- Autism and the Pathology Paradigm: http://neurocosmopolitanism.com/autism-and-the-pathology-paradigm/
- Autism is not the neurotypical stereotype: https://aeon.co/essays/the-autistic-view-of-the-world-is-not-the-neurotypical-cliche
- https://blogs.psychcentral.com/aspie/author/tvance/
- Blog of Amy Sequenzia - Non Speaking Autistic Speaking: http://nonspeakingautisticspeaking.blogspot.com/
- Blog of Elizabeth (Ibby) Grace: Grace Notes (Ask an Autistic) http://tinygracenotes.blogspot.com/
- Experiences of Late Diagnosed Women (Journal Article): http://link.springer.com/article/10.1007/s10803-016-2872-8?wt_mc=Internal.Event.1.SEM.ArticleAuthorOnlineFirst
- Autistic Females: Hidden Too Long by Joel Schwartz (blog): https://www.linkedin.com/pulse/autistic-females-hidden-too-long-joel-schwartz
- TSA Cares: Screening Travelers on the Autism Spectrum
- Samantha Craft's Autistic Traits Checklist

# Videos

- Autism Explained - Fast Facts: https://www.youtube.com/watch?v=CaRdPYvWt48&feature=youtu.be&fbclid=IwAR18Ev4kBEtIg_fHhgpJrWqtwWwlEU4V7X-qurCwGMrw7GcJV9rswePUTq0
- Cartoon Character Arthur explains Aspergers: https://www.youtube.com/watch?v=s9eATBV-_Ig
- Nick Walker's Advice for Parents: https://www.youtube.com/watch?v=N6GnPgro5BY
- Nonverbal Autistic Woman, Carly Fleischman interviews Channing Tatum: https://www.youtube.com/channel/UCeKKQlMB1NeOLN31_CSJFRQ
- Ask an Autistic: https://www.youtube.com/watch?v=Vju1EbVVgP8&list=PLK6dftcRS54VBMiDNAaPk_cvLqTa1OgVW
- Spectrum the movie: https://vimeo.com/ondemand/spectrumthefilm
- 10 Inspirational Autistic people: https://www.youtube.com/watch?v=BoqnPZXLGVA
- Autistic ways of being: https://www.youtube.com/watch?time_continue=494&v=JnylM1hI2jc
- A validating and accepting message from Agony Autie: https://www.facebook.com/watch/?v=419856162201180
- Loving Someone on the Spectrum by Becca Harkins https://youtu.be/AqRyPkAi4p8

# Interventions

- Floortime method: https://www.stanleygreenspan.com/about-floortime
- Relationship Development Intervention: www.RDIconnect.com
- Rapid Prompting Method: http://www.halo-soma.org/main.php?sess_id=33023562b3af775b50e66fa6486623a9
- SON-Rise - http://www.autismtreatmentcenter.org
- Autplay Method: https://autplaytherapy.com/
- Program for the Education and Enrichment of Relational Skills (PEERS®), https://www.semel.ucla.edu/peers
- Neurodiversity Affirming Curriculum for ND Teens, Transition Abilities
- Play Project https://www.playproject.org

# Taylor's Favorite Things



This page contains affiliate links. I earn a commission off of qualifying purchases.

Weighted Pillows (I work with mine in my lap every day!)



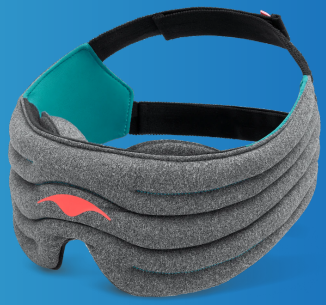


The ONO Fidget roller (It replaced ALL my fidgets!)

Use code: MOMONTHESPECTRUM for 10% off

The best earbuds EVER.
(You can't hear yourself chew!)





A heavenly weighted sleep mask I can't sleep without

Use code: MOMONTHESPECTRUM for 10% off

I use these products DAILY and only recommend things I absolutely LOVE!
I hope you love them as much as I do.

xo. Taylor

THE NEXT PAGES ARE

# JUST FOR FUN

Print out any or all of the following templates to help you organize your day.

# Daily Planner

## CHECKLIST

## TOP 3 TASKS TO FOCUS ON

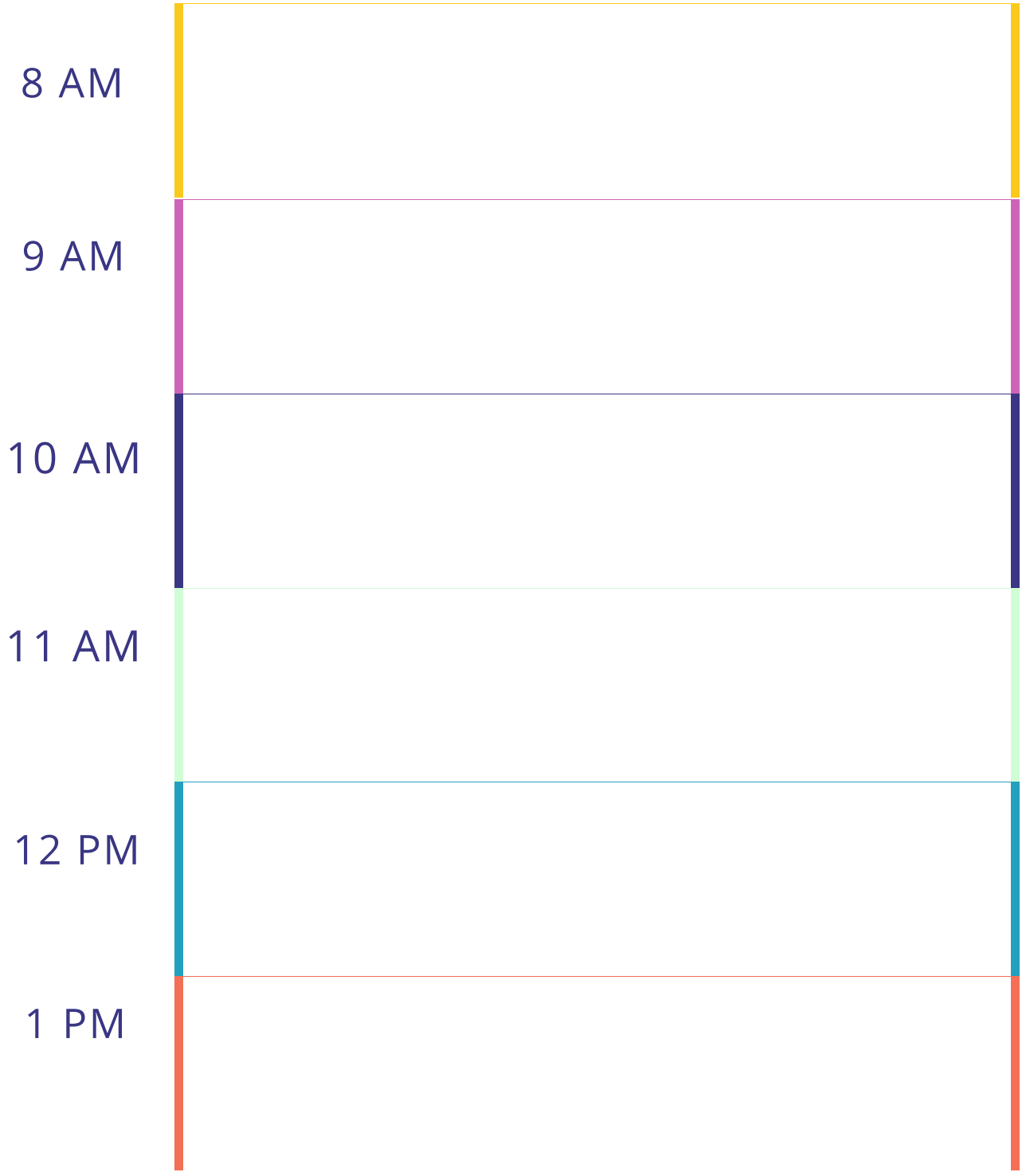
## EXTRA INFO

## SELF CARE PRIORITIES

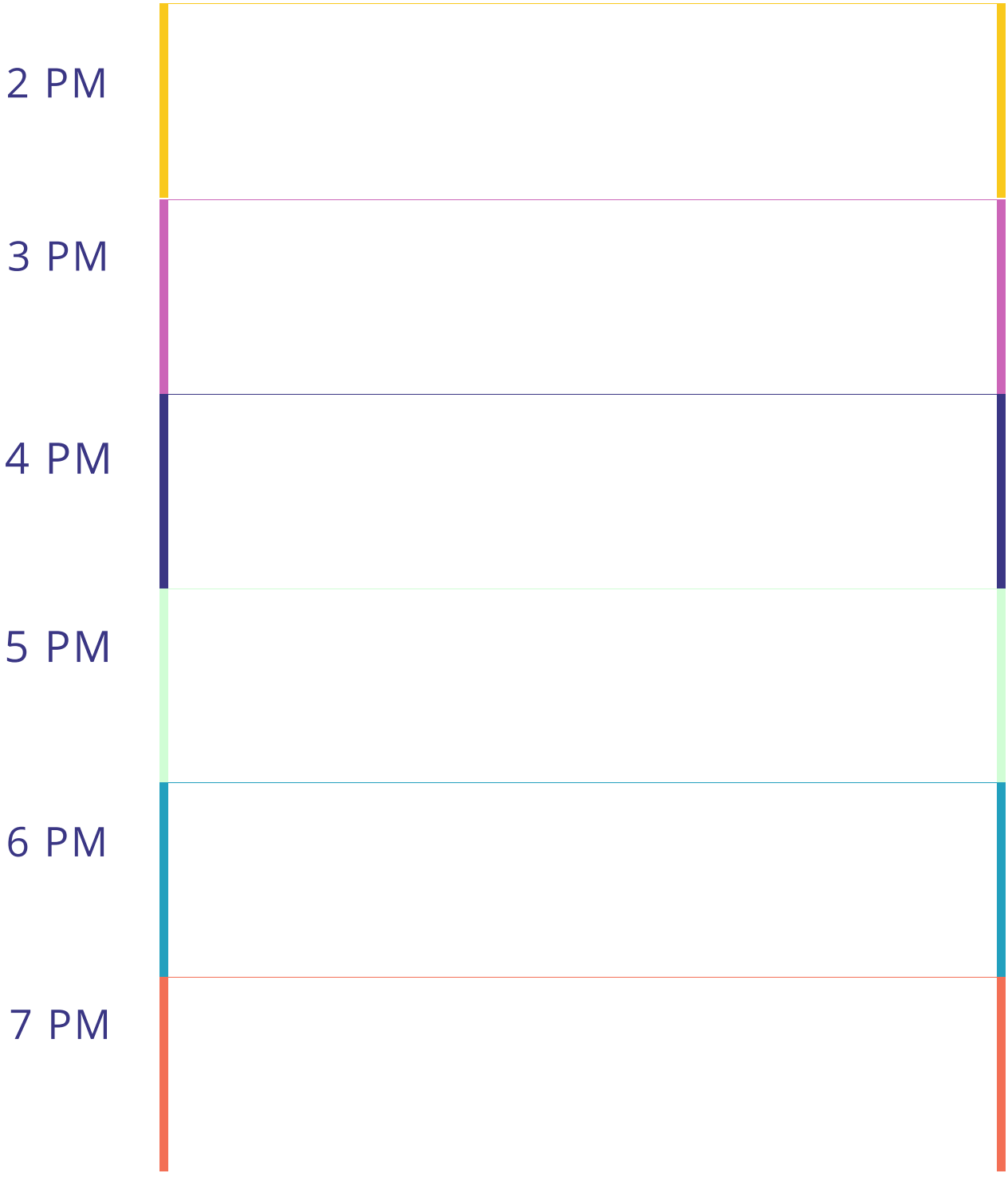
# To-Do List

| THING TO DO | | COMPLETE |
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# Daily Planner



# Daily Planner



# notes

# HOW TO UNMASK

## CULTIVATING YOUR TRUE AUTISTIC SELF





## ONLINE COURSE NOW AVAILABLE

**This self-paced online course comes with:**

- 🎯 6 Teaching Videos (70+ min of course material)
- 🎯 28 page Reflection Journal and Guidebook
- 🎯 8 min Unmasking Meditation
- 🎯 Mantras for Unmasking PDF
- 🎯 1 year of access to online MOTS Community
- 🎯 Transcript of each video lesson
- 🎯 Slideshow to support each video lesson
- 🎯 Taylor's list of supplemental resources and support

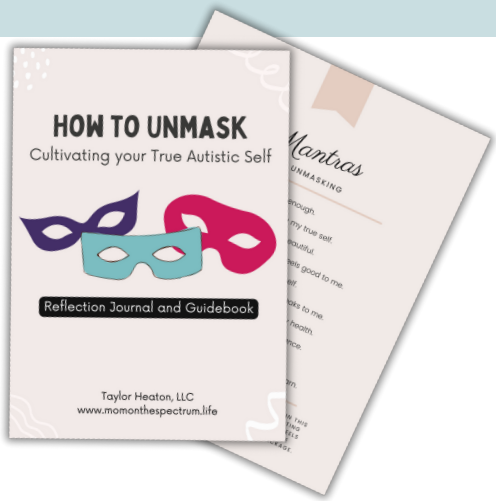
**CLICK FOR MORE INFO**

**This course is for late-diagnosed autistic adults (professionally or self diagnosed) who:**

- 👉 Struggle to identify wants and needs
- 👉 Feel disconnected from who they truly are
- 👉 Need help managing everyday autistic stressors
- 👉 Want to feel validated, supported, and understood

**What you will gain from the course:**

- 🎁 A better understanding of what makes you "you"
- 🎁 Increased self-compassion and self-confidence
- 🎁 Tools for managing sensory overwhelm
- 🎁 Access to other powerful autism resources
- 🎁 24/7 connection to a private autistic community



# Thank you!

I hope this list offers a place you can return to whenever you need support from the autistic community. Please **share this link** so more people can discover the amazing resources created *by* and *for* people on the spectrum. Thank you so much for your support—it helps me create more content to empower and celebrate autistic individuals!

xo. Taylor



**It takes a lot of time and energy to keep this resource updated. Please consider donating to this project to keep it going!**

**DONATE**

# Special Thanks

A HUGE THANKS to Brandy Wells with B. Wells Writing for getting the Big Autistic Resource Guide started with her lovely copywriting and organizational skills! She made significant contributions to shape the guide into what you see here, including linking MANY list items to make them clickable from the PDF for your convenience.

Thank you, Brandy!

Check out her services on instagram @bwellswriting.



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# Submissions

To submit a feature request, email details to **submissions@momonthespectrum.life.** Please include URLs for suggested content. There is no fee to be listed in the BARG.

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