

Resources for supporting Autism, ADHD & Eating Disorders

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Helpful Websites

| Company/Website: | Overview: | Link: |
|---------------------------------------|---|---|
| National Autistic Society | Autism and gender identity/gender dysphoria information and support | Autism & gender identity link |
| About Autism | A list of common experiences autistic people go through/feel | Common experiences |
| Autistic Self Advocacy Network (ASAN) | A website which has resources, projects and additional support | ASAN |
| The Queer Counselor | Support, resources and workbooks | Website Link |
| Sam Dylan Finch | Positive psychology practitioner and digital media expert based in Portland, OR. He is currently the Content & Community Lead | Sam Dylan Finch website |

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| | for Inflow, a science-based app that helps users manage their ADHD through psychoeducation, including cognitive-behavioral therapy and mindfulness | www.eatlovelive.com.au |
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Videos:

| Title: | Time: | Link: |
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| Demisexuality & being autistic: Is there a link? | 10 mins | Demisexuality & autism |
| Autism & food issues: My Experience | 23 minutes | Autism & food issues |
| Autism life hacks - 10 things you should try | 11 minutes | 10 things you should try |
| Welcome To The Autistic Community | 6 minutes | Autism community |
| Asperger traits - Appearance & personal habits | 12 minutes | Asperger traits |
| How to tell your family you're autistic | 20 minutes | How to tell family |
| Gender Dysphoria and Autism Spectrum Disorder | PDF of slides from presentation | Presentation Slides |
| Nutrition Care for Adults with ADHD and Eating Disorders | 70 minutes | Webinar link <i>*Note: EDRDPro membership required</i> |
| SENSORY OVERLOAD | | |
| Ask An Autistic: Sensory Overload/ Over Stimulation and How I Deal With It | 10 minutes | How to deal with sensory overload |
| Autism Sensory Overload: (What YOU NEED To Know) | 15 minutes | Sensory overload |

| AUTISM IN FEMALES | | |
|---|--------------------|---|
| Autism in Females: How is it Different? | 9 minutes | Autism in females |
| Autism in women/girls | 9 different videos | Autism in women/girls |
| Autism in girls - diagnosis (5 things you need to know) | 20 minutes | Autism in girls |
| Diagnosed with Autism at age 33! | 20 minutes | Diagnosed at 33 |
| AUTISM & ED'S | | |
| The Overlap Between Autism ,Transness, And EDS | 9 minutes | The overlap |
| Being Diagnosed With Autism, ADHD, and EDS | 11 minutes | Autism, ADHD & ED's |
| EDS & Other Hypermobility Spectrum Disorders in ASD <i>(Mothers with ED's/HSD have increased risk of having autistic children)</i> | 1 hour | ED's & Hypermobility Spectrum Disorders |
| PROS OF BEING AUTISTIC | | |
| 5 reasons why I love being autistic | 7 minutes | 5 reasons why i love being autistic |
| My favourite autistic characters (autistic headcanon) | 9 minutes | Favourite autistic characters |
| The Pros And Cons of Being Autistic | 12 minutes | Pros and cons |

Articles:

| Title: | Link: |
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| I was 35 when I discovered I'm on the autism spectrum. Here's how it changed my life. | How it changed my life <small>www.eatlovelive.com.au</small> |
| This Is Autism | This is Autism |
| Gendervague: At the Intersection of Autistic and Trans Experiences | Gendervague |
| Writings by Lydia X. Z. Brown, who is an activist for "intersectionality, the autistic movement, racial justice, queer and trans experiences, and disability rights" | Writings |
| Why I Fake Being 'Normal' — and Other Women with Autism Do, Too | Why I fake being 'normal' |
| "When I Thought of Autism, I Never Thought of Someone Like Me" | The Mighty |
| An Introduction to Neuroqueer Theory | Neuroqueer |
| Provider's Guide to Managing Pica in Children with Autism | Pica & autism |
| DIGESTIVE ISSUES | |
| Stress, not diet, likely source of GI problems in children with autism | GI problems |
| PRO'S OF BEING AUTISTIC | |
| Autism's Hidden Gifts | Hidden gifts |
| AUTISM & ED'S | |
| What you must know about eating disorders and the autism spectrum | What you must know |
| The invisible link between autism and anorexia | The invisible link |
| High Rates of Autistic Symptoms Found in | High rates of ED in autism |

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| Patients With Eating Disorders | www.eatlovelive.com.au |
| What is the Connection Between Autism and Anorexia? | Connection between ED & autism |

Studies:

| Title: | Link: |
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| Autistic traits in individuals self-defining as transgender or nonbinary | Autistic traits in transgender or non-binary |
| "I Don't Feel Like a Gender, I Feel Like Myself": Autistic Individuals Raised as Girls Exploring Gender Identity | Autistic Individuals Raised as Girls Exploring gender identity |
| Gender Copia: Feminist Rhetorical Perspectives on an Autistic Concept of Sex/Gender | Autistic Concept of Sex/Gender |
| Gender Identity in Autism: Sex Differences in Social Affiliation with Gender Groups | Gender Identity in Autism or PDF version |
| Gender Dysphoria and Autism Spectrum Disorder: A systematic review of the literature | A systematic review |
| Autism Spectrum Disorders in Gender Dysphoric Children and Adolescents | Gender Dysphoric Children and Adolescents |

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| Traits of Autism Spectrum Disorders in Adults with Gender Dysphoria | www.eatlovelive.com.au Adults with Gender Dysphoria |
| Increased Gender Variance in Autism Spectrum Disorders and Attention Deficit Hyperactivity Disorder | Autism & ADHD |
| “They thought it was an obsession”: Trajectories and Perspectives of Autistic Transgender and Gender-Diverse Adolescents | Trajectories and Perspectives |
| Systematic Review: Overlap Between Eating, Autism Spectrum, and Attention-Deficit/Hyperactivity Disorder | Overlap between autism, ADHD & ED |

Social Media

| Name: | Handle: | Link: |
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| The Autistic Life | @theautisticlife | Instagram |
| Neurodivergent Rebel | @neurodivergentrebel | Instagram Facebook |
| Tiffany - Fidgets and Fries | @fidgets.and.fries | Instagram |

EAT LOVE LIVE

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| | | www.eatlovelive.com.au Facebook |
| Eden, Leo, Laurel & Abby: The Austisticats | @the.autisticats | Instagram Website Twitter |
| Autistic Tyla | @autisticityla | Youtube Twitter |
| aspiememes | @aspiememes | Instagram Reddit |
| Anu - Neurodivergent Activist | @neurodivergentactivist | Instagram |
| Autism Speaks | @autismspeaks | Instagram |
| Angel | @autie_angel | Instagram Website |
| Autistic Barbie | @autisticbarbie | Twitter |
| But You Don't Look Autistic | @butyoudontlookautistic | Twitter |
| Johanna - Autistic Feminist | @autistic.feminist_ | Instagram |
| OMG I'm Autistic AF | @omgimautisticaf | Instagram Twitter Facebook Pinterest |
| Peekaboo Peaches | @peekaboo_peaches | TikTok Pinterest Youtube Instagram |
| Neurodivergent Artemis | @nd_artemis | TikTok |
| Tim Boykin | @blackautisticking | TikTok |
| Zee | @autieoddity | TikTok |
| Lafilledani | @lafilledani | TikTok |

Autism Assessments:

| Assessment: | Link: |
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| The Cat-Q | https://embrace-autism.com/cat-q/ |
| The Raads-R | https://www.aspietests.org/raads/ |
| The RDOS Aspie Quiz | https://rdos.net/eng/Aspie-quiz.php |

