

AUTISM PRIDE

AUTISM AWARENESS WEEK

According to the Autism Self-Advocacy Network, "Autism is a developmental disability that affects how we experience the world around us. Autistic people are an important part of the world. Autism is a normal part of life, and makes us who we are."

- Some people refer to themselves as "having autism" as they feel it doesn't define them.
- Some people proudly refer to themselves as "autistic," embracing it as a core part of their identity.
- People of all genders and ethnicities are autistic/have autism.
- Autism can carry both challenges and gifts
- Autistic people/people with autism are scientists, doctors, artists, mathematicians, and musicians. They have changed the world.
- Autistic people/people with autism are AWESOME

AUTISM PREVALENCE

1 in 54 children in the U.S. is diagnosed with an autism spectrum disorder (CDC, 2020).

- 1 in 34 boys was identified with autism
- 1 in 144 girls was identified with autism

Boys are four times more likely to be diagnosed with autism than girls.

- Autism can be diagnosed as early as age 2.
- Autism affects all ethnic and socioeconomic groups.
- Parents who have a child with ASD have a 2-18% chance of having a second child with ASD.
- Over the last two decades, research has found there no link between childhood vaccinations and autism.

Awesome Autism Strengths



Attention to Detail

- Thoroughness
- Accuracy



Expertise

- In-depth knowledge
- High level of skills



Deep Focus

- Concentration
- Freedom from distraction



Integrity

- Honesty, loyalty
- Commitment



Absorb & Retain Facts

- Excellent long term memory and recall



Creativity

- Distinctive Imagination
- Expression of ideas

Source: UNIVERSITY OF LEEDS

Interventions

Independence With Therapy



SOCIAL SKILLS GROUP



NATIONAL NUTRITION MONTH

National Nutrition Month

The Academy of Nutrition and Dietetics created this campaign to help develop healthy eating and physical activity habits that are unique to you. Eating healthy is not only good for you physically but also improves your mental health. What you eat directly affects the structure and function of your brain and, ultimately, your mood.

Start paying attention to how eating different foods makes you feel — not just in the moment, but the next day.

Eating healthy
reduces the risk of
depression by:

25%–35%



Tips for a Healthy Lifestyle:

1. Include a variety of fruits, vegetables, nuts, whole grains, fish, and unsaturated fats in your diet - Make a rainbow!
2. Incorporate a healthy breakfast into your routine.
3. Drink at least 8 glasses of water a day.
4. Get Active - Try to move your body for an hour a day by dancing, running, or walking.
5. Set an affirmation for the day - "I am healthy and strong!"



Resources

Autism Self-Advocacy Network

<https://autisticadvocacy.org>

360 Behavioral Health

<https://360behavioralhealth.com/>

Adult Vocational Services

<https://www.bancroft.org/adult-services/vocational-services/>

National Nutrition Toolkit

<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

Nutritional Psychiatry - Your Brain on Food

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>