

Resources

Books

The Young Autistic Adult's Independence Handbook by Haley Moss

The Explosive Child by Ross W. Green

We're Not Broken by Eric Garcia

The Yes Brain by Daniel J. Siegel

Self-Reg by Dr. Stuart Shanker

My Sister Lily Who Doesn't Have Autism by Natalie Dalton

Demystifying Disability by Emily Ladau

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity by Steve Silberman

Websites

www.autismlevelup.com

www.embrace-autism.com

www.neuroclastic.com

www.neurodiversitylibrary.org

www.empoweredparentservices.com

www.communicationfirst.org

[IMAGINE... \(inclusioncanadanl.ca\)](http://IMAGINE... (inclusioncanadanl.ca))

[publications-pdf-autism-action-plan-2019-22.pdf \(gov.nl.ca\)](http://publications-pdf-autism-action-plan-2019-22.pdf (gov.nl.ca))

Social Media Accounts

Facebook Pages:

Funny, You Don't look Autistic

Made by Autistics Marketplace

Ask Autistic Adults-Resources for Parents of Autistics

Autistic Women and Nonbinary Network

Autism Newfoundland and Labrador

Autism Level Up

Neurodiverse in NL

Autistic Researchers Researching Autism (ARRA)

Ben B. - "My Own Words: Reflections of a Non-Speaking Autistic"

Terminology

Neurodiversity: broadly defined as an approach to learning and disability that suggests diverse neurological conditions appear as a result of normal variations in the human genome.

Neurodivergent: a person whose brain has developed and functions in a way that is viewed different from societal norms. For example a person with autism, ADHD etc.

Neurotypical: a persons whose brain develops and functions in ways that are considered usual or expected by society. For example, a person who does not have a diagnosis of autism, ADHD etc.

Ally: a person who understands, accepts and embraces all community members for their authentic selves.

Social Media Accounts

Tic Tok:

Hannah Gadsby

Connorde Wolfe

Paige Layle

Jeremy Andrew Davis

40 Years Together
Autism Society
Newfoundland & Labrador