



DISCOVERY PROGRAMME

**NEURO-AFFIRMING
SIGNPOSTING
RESOURCES FOR
AUTISTIC ADULTS**

www.thrivingautistic.org



DISCOVERY PROGRAMME

Please note: this information and signposting is a live document of resources shared from within the Autistic community in our Discovery Programme.

It is not intended to endorse all organisations or people listed.

Whilst we have taken care to try and find neuro-affirming information to support you we are not responsible for other people's work which may change over time or may not resonate with you.



DISCOVERY PROGRAMME

LET'S DISCOVER MORE ABOUT

INTERNALISED ABLEISM

www.thrivingautistic.org

Thriving Autistic Discovery Programme

Resources about Internalised Ableism

Browsing

Autistic Parents UK

<https://www.autisticparentsuk.org/post/overcoming-internalised-ableism>

Blog from Sam Farmer

<https://medium.com/bouncin-and-behavin-blogs/autistic-lived-experience-conquering-internalized-ableism-1b5dcc380272>

Blog from David Gray-Hammond

<https://emergentdivergence.com/2022/12/13/neuroqueer-dismantling-our-internalised-ableism/>

Reframing Autism

<https://reframingautism.org.au/kristy-forbes-flourishing-with-acceptance/>

YouTube from Purple Ella

<https://youtu.be/6f9VFMIhAxs?si=j6BS-4UvpoTpVnux>



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Resources about Internalised Ableism

Browsing

Stimpunks

<https://stimpunks.org/glossary/internalized-ableism/>

Talila A Lewis Definition of Ableism

<https://www.talilalewis.com/blog/working-definition-of-ableism-january-2022-update>

Erin Ball

<https://intercomplementaryjourneys.com/>

Sins InValid

<https://www.sinsinvalid.org/blog/10-principles-of-disability-justice>

Stella Young TEDx Talk

<https://www.youtube.com/watch?v=8K9Gg164Bsw>

Disabled by Society

<https://disabledbysociety.com/disabled-by-society-resources/>



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Resources about Internalised Ableism

Browsing

Stimpunks: Rest

<https://stimpunks.org/glossary/rest/>

Neurodiversity and internalised ableism - Disability Awareness Training

<https://disabilityawareness.training/neurodiversity-and-internalised-ableism/>

Stigma and Masking as an Autistic Parent

<https://www.autisticparentsuk.org/post/stigma-and-masking-as-an-autistic-parent>

What is bottom-up thinking in autism? - Autistic PhD

<https://autisticphd.com/theblog/what-is-bottom-up-thinking-in-autism/>

Access to work (UK)

<https://www.gov.uk/access-to-work>



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Resources about Internalised Ableism

Browsing

7 Types of Rest

<https://www.psychologytoday.com/gb/blog/a-different-kind-of-therapy/202212/the-7-kinds-of-rest-you-need-to-actually-feel-rejuvenated>

Matt Lowry

<https://www.mattlowrylpp.com/blog/autistic-trauma-and-internalized-ableism>

Autism Chrysalis

<https://www.autismchrysalis.com/2024/04/13/dissolving-internalized-ableism/>

Aut Collab

<https://autcollab.org/2024/11/10/healing-resisting-internalised-ableism/>



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Resources about Internalised Ableism

Reading

Robert Chapman: Empire of Normality (book)

<https://www.plutobooks.com/9780745348667/empire-of-normality/>

Nick Walker:

<https://neuroqueer.com/> Walker, N. (2021c).

**Neuroqueer heresies: Notes on the Neurodiversity
Paradigm, Autistic Empowerment, and Postnormal
Possibilities**

BIPOC and orgs focusing working at human scale:

<https://autcollab.org/>

<https://autcollab.org/knowledge-repository/ecologies-of-care/>

Wonderful book that may be of interest:

<https://www.harpercollins.com/products/sand-talk-tyson-yunkaporta?variant=32280908103714>



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Resources about Internalised Ableism

Reading

Double Empathy Problem: A nice summary:

<https://reframingautism.org.au/miltons-double-empathy-problem-a-summary-for-non-academics/>

A great video about the double empathy problem:

[https://youtu.be/qpXwYD9bGyU?
si=GRWhG7Vyj02ghySN](https://youtu.be/qpXwYD9bGyU?si=GRWhG7Vyj02ghySN)

Access to work (UK)

<https://www.gov.uk/access-to-work>

Katy Lee Higgins

[https://tendingpaths.wordpress.com/2022/12/12/update
d-autism-adhd-giftedness-venn-diagram/](https://tendingpaths.wordpress.com/2022/12/12/update-d-autism-adhd-giftedness-venn-diagram/)

<https://www.facebook.com/katyhigginsleemft>

[https://www.kelly-mahler.com/resources/blog/lost-
connections-interoception-masking/](https://www.kelly-mahler.com/resources/blog/lost-connections-interoception-masking/)



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Thriving Autistic Discovery Programme Resources

This booklet highlights just a few of the resources we have found useful or have been shared with us through our

Discovery Programme for Autistic adults.

It is a living document and we will edit and add to this over time. Please feel free to share anything you have found neuro-affirming and valuable for yourself.

If you need support please check out our:

[Neurodivergent Practitioners Directory](#)

A directory of Neurodivergent, neuro-affirmative practitioners hosted by Autistic-led nonprofit,
Thriving Autistic

[Facebook](#)

[Twitter/X](#)

[LinkedIn](#)

[BlueSky](#)

[Instagram](#)



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