



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

SELF- ADVOCACY

www.thrivingautistic.org

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Reading

**The Autistic Muslim Experience – The Art of Autism (by
Said Shaiye)**

<https://the-art-of-autism.com/the-autistic-muslim-experience/>

Said Shaiye - Personal Website

<https://www.saidshaiye.com/>

Devon Price - Medium Blog

<https://devonprice.medium.com/>

Jim Sinclair - Don't Mourn for Us (PDF)

<https://philosophy.ucsc.edu/SinclairDontMournForUs.pdf>

**Autistic Self-Advocacy and the Neurodiversity Movement
– Autidacts.org**

<https://autidacts.org/en/pg-ref/480>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Reading

ADDitude Magazine - ADHD Workplace Hazards & Self-Accommodation

https://www.additudemag.com/am-i-going-to-get-fired-adhd-hazards-at-work/?utm_source=substack&utm_medium=email

Julie Bjelland – Embracing Neurodiversity in the Workplace

<https://www.juliebjelland.com/embracing-neurodiversity-in-the-workplace-a-guide-for-companies-and-individuals>

Tigger Pritchard

<https://www.tiggerpritchard.com/neurodiversity-in-the-workplace>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Browsing / Blogs / Platforms

Black Girl, Lost Keys – Website (J. René Brooks)

<https://blackgirllostkeys.com/>

Black Girl, Lost Keys – Instagram

<https://www.instagram.com/blackgirllostkeys/?hl=en>

Fidgets and Fries – Facebook Page

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

Nick Walker – Neuroqueer Website

<https://neuroqueer.com/>

Sonny Jane Wise – Lived Experience Educator

<https://www.livedexperienceeducator.com/>

Stimpunks

<https://stimpunks.org/>

Advocacy Without Borders

<https://advocacywithoutborders.org/>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme Resources about Self-Advocacy

Browsing / Blogs / Platforms

Thriving Autistic – Advocacy Support Services

<https://www.thrivingautistic.org/advocacy-support-services/>

Access Rider Template – Alexandrina Hemsley

<https://alexandrinahemsley.com/resources/access-rider-open-template/>

Access Docs for Artists

<https://www.accessdocsforartists.com/>

Autism in Black

<https://www.autisminblack.org/>

Lydia X. Z. Brown

<https://www.lydiaxzbrown.com/>

David Gray-Hammond – Emergent Divergence

<https://emergentdivergence.com/>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Browsing / Blogs / Platforms

Haley Moss

<https://haleymoss.com/>

Autistic Self Advocacy Network (ASAN)

<https://autisticadvocacy.org/>

AWN Network

<https://awnnetwork.org/>

The Color of Autism Foundation

<https://thecolorofautism.org/>

Actually Autistic Blog List

<https://anautismobserver.wordpress.com/>

Reframing Autism

<https://reframingautism.org.au/>

Access Rider – Andrew Hugill (PDF)

<https://andrewhugill.com/writings/Access-Rider-Andrew-Hugill.pdf>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Browsing / Blogs / Platforms

Foundations for Divergent Minds

<https://www.divergentminds.org/>

ND Therapists Directory

<https://ndtherapists.com/>

NeuroClastic

<https://neuroclastic.com/>

Autism and Grief

<https://www.autismandgrief.org/>

Weldon Wellness

<https://www.weldonwellness.com/>

Disability Rights International

<https://www.driadvocacy.org/>

National Disability Rights Network (NDRN)

<https://www.ndrn.org/>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Browsing / Blogs / Platforms

Aucademy

<https://aucademy.co.uk/>

Autistic Substance Use Network

<https://autsun.org/>

**All Brains Belong VT - Healthcare for Autistic & ADHD
Adults**

<https://allbrainsbelong.org/all-the-things/>

Joshin – Inclusive Workplace Support

<https://joshin.com/>

Access Rider – Gizmonaut.net

<https://gizmonaut.net/access-rider/>

Access Rider – Helen Kara

<https://helenkara.com/about-helen/access-rider/>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

Thriving Autistic Discovery Programme

Resources about Self-Advocacy

Watching

Amythest Schaber - YouTube (NeuroWonderful)

<https://www.youtube.com/c/neurowonderful>



These resources that have been collated through our TA community and through the Discovery Programme for Autistic Adults. TA aims to share neuro-affirmative work however we are not responsible or affiliated with any of the resources listed. We encourage you to do your own research and follow what feels right for you.

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](#)



www.thrivingautistic.org