



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

SENSORY

www.thrivingautistic.org

Thriving Autistic Discovery Programme Resources about Sensory

Reading

**Interoception and Regulation - Goodall & Brownlow,
JKP Book**

<https://uk.jkp.com/products/interoception-and-regulation>

**BBC Future: Interoception and Emotions -
Warren and Frankel**

[https://www.bbc.com/future/article/20240322-
interoception-the-mysterious-inner-sense-driving-your-
emotions](https://www.bbc.com/future/article/20240322-
interoception-the-mysterious-inner-sense-driving-your-
emotions)

Psychology Today: What is Synesthesia

<https://www.psychologytoday.com/gb/basics/synesthesia>

Different Brains: Synesthesia

<https://differentbrains.org/resources/synesthesia/>

Reframing Autism: Synesthesia and Autism

[https://reframingautism.org.au/exploring-the-intriguing-
connection-between-synaesthesia-and-autism/](https://reframingautism.org.au/exploring-the-intriguing-
connection-between-synaesthesia-and-autism/)

The Art of Autism: What is Synesthesia

<https://the-art-of-autism.com/what-is-synesthesia/>



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Thriving Autistic Discovery Programme

Resources about Sensory

Reading

Self-Care Approach Book by Niamh Garvey -

Jessica Kingslet Publishers

<https://amzn.eu/d/6DlnTCt>

Intro to Sensory Processing - Helen Edgar

(Autistic Realms)

<https://autisticrealms.com/product/an-introduction-to-sensory-processing-difficulties/>

Embodiment & Sensory Systems - Helen Edgar,

(Autistic Realms)

<https://autisticrealms.com/product/embodiment-and-sensory-systems/>

Stim-listening Glossary - Stimpunks

<https://stimpunks.org/glossary/stim-listening/>

Stim-watching Glossary - Stimpunks

<https://stimpunks.org/glossary/stim-watching/>

Interoception for Self Helpers - Kelly Mahler

<https://www.kelly-mahler.com/interoception-for-self-helpers/>



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Resources about Sensory

Reading

Alexithymia & autism guide

<https://embrace-autism.com/alexithymia-and-autism-guide/>

Alexithymia

<https://autismunderstood.co.uk/autistic-differences/alexithymia/>

Autism and the Double Empathy Problem

<https://embrace-autism.com/autism-and-the-double-empathy-problem/>



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Resources about Sensory

Reading

BBC: Synesthesia and Cognitive Processes

<https://bbc.in/4bievbD>

Emily 21 and Sensory

<https://21andsensory.wordpress.com/>

Neuroclastic- Sensory Archives

<https://neuroclastic.com/category/autism/autistic-traits/sensory/>



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Resources about Sensory

Listening

Calm - Meditation & Sleep App

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

Headspace - Meditation App

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

Insight Timer - Meditation App

<https://insighttimer.com/>



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Resources about Sensory

Watching

Aucademy: Autistic sensory, stimming, & relaxation techniques: Annette & Monique educate Aucademy

<https://www.youtube.com/live/51fqpWj61V8?si=Q-ZO4OScDpAqtv4>

The Autistic Neurotype: Jessica K Doyle

https://youtu.be/3ntI2mtPoFw?si=2H6ZQri36c1Cqc_g



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Resources about Sensory

Browsing / Tools / Apps

Lycra Compression Bedding - Amazon

<https://amzn.eu/d/ge7wODQ>

Hidden Disabilities Sunflower Lanyard

<https://hdsunflower.com/>

EDS & Neurodivergence - SEDS Connective

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

Finch Self-Care App

<https://finchcare.com/>

Best Weighted Blankets - The Independent

<https://www.independent.co.uk/extras/indybest/house-garden/duvets/best-weighted-blanket-2024-anxiety-stress-b1773580.html>

N.A.P.S.S. - ENERGY AUDITING/MANAGEMENT TOOL/SYSTEM

<https://www.neurostorycollective.com/resources-1/energy-auditing-management-tool-system>



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Resources about Sensory

Browsing / Tools / Apps

Sensory Direct

<https://www.sensorydirect.com/age/adult/sensory-products>

Tigger Pritchard

<https://www.tiggerpritchard.com/sensory-differences>



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Resources about Sensory

Browsing / Tools / Apps

Kelly Mahler - Interoception Resources

<https://www.kelly-mahler.com/>

Synesthesia Awareness Day - Resource Hub

<https://synesthesiaawarenessday.com/resources/>

Loop Earplugs

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

Vibes Earplugs

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

Epic Autism Resources - Padlet

<https://padlet.com/spectrumgaming/epic-autism-resources-e9k3m18miqwgiy1w>



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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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