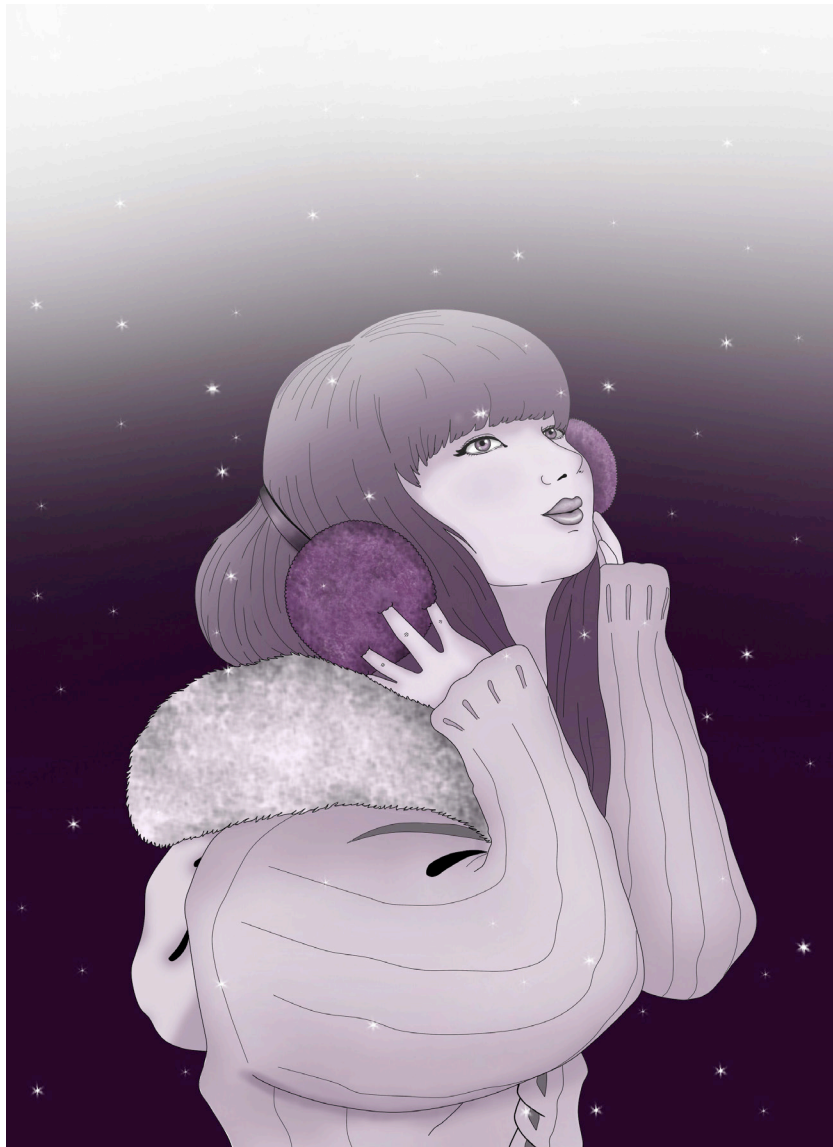


Produced by and for people who have autism-spectrum conditions

Asperger *United*

Edition 84 October 2015



AU



The National
Autistic Society

Dear Steve,

reading your letter about NAS jobs and councillors sounds very similar to issues I have faced in the past for other positions in life when applying for or changing jobs et al.

Reading parts of your manifesto, agreeing on your identified need for all those items, and knowing the problems you're faced with attempting to attain such position, I would like to offer you my support and nomination. Should it be required, your nomination is hereby stated.

Myself, a 41-year-old diagnosed in his mid thirties, holding a job many would want to have. But I know now that if I was diagnosed prior to getting my job, I would be unable to attain it, so forgive me not disclosing my occupation for fear of a peer review and me losing that

Having been late-diagnosed, I have faced many years of the problems described by others. Firmly established in my third company in my educated field, I decided to declare to HR-management the issue, after which they were reluctant to let me keep my job. I required an assessment to be made by an independent expert, medically qualified, person who could confirm that, given the fact I had held the position for over a decade in total across multiple companies, the diagnosis would not necessarily require me to stop working in my profession.

Personally, the diagnosis has been a positive thing, now being able to explain why I was a certain way, did certain things and (dis) liked certain things more than others. It also explained why I was very good at my job, other areas of interests and many intricate issues in my life.

Interpersonal relationships however in the home, suffered greatly. Instead of being faced with a supporting partner, my wife of a decade with twins gained during the period, I was faced with many comments such as "I knew it", "can't you be normal", "no wonder I did — because of your AS", the list goes on.

Having tried, repeatedly, to improve myself, without any local help available for adults after diagnosis, I moved out from the family home, living nearer to my place of work to avoid commuting, creating a more calm environment around me. I don't mind being on my own, I just miss my kids who I don't see enough anymore, they helped me a lot, they're only 7 . . .

Fabian

Being autistic

edited by **Caroline Hearst**

AutAngel

£5 – £7.50 including
postage and packing

review by **Cos Michael**

In this short book, (64 pages) nine adults write about their journeys from discovery to acceptance of their autism. Their stories, like the individuals themselves, are all different, as are the responses of those around them. For anyone who is diagnosed in adulthood and wonders how it is for other people, these accounts allow us to see that discovering we are autistic is one thing, but realising what that means can be a far more complicated journey. It is also a good introduction for families and friends who may be struggling to understand how an autism diagnosis might have a profound effect on the life of their loved one.

Buy at:

www.autangel.org.uk/being-autistic-book.html

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