



POST-DIAGNOSIS ADVICE FOR PEOPLE DIAGNOSED AS AUTISTIC

Introduction

Being diagnosed as autistic can feel like a big turning point. It may bring relief, confusion, or a mix of emotions. Remember, this diagnosis is just one part of your identity and does not define your potential. Understanding autism and knowing where to find support can help you make informed choices and embrace your strengths.

You are not alone on this journey

There are communities, support networks, and professionals ready to help. Connecting with others who share similar experiences can provide understanding, encouragement, and practical advice. You can also discover new ways to use your unique abilities to thrive in daily life.

Processing your diagnosis

After receiving a diagnosis, it's normal to feel overwhelmed. Allow yourself time to reflect on what it means for you. Talking openly with trusted friends, family, or mentors can help you navigate your feelings and make decisions about your next steps. It may also be useful to explore your own interests, routines, and coping strategies to see what naturally supports your well-being.

Understanding autism and its impact on life

Autism is a neurological difference, not a medical illness. It shapes how you perceive the world, process information, and interact with others. Some challenges may arise in social situations or sensory environments, but many autistic people thrive by leveraging their strengths and preferences. Building routines, pacing yourself, and identifying supportive environments are key strategies to maintain balance and reduce stress.





Exploring assessments and professional support

In some cases, additional assessments may help you understand your needs better:



Functional or psychosocial assessments:

These explore how social, daily living, or cognitive challenges may impact you and guide support planning.



Sensory assessments with occupational therapists:

Identify sensitivities or triggers and suggest adjustments for home, work, or school.

Always communicate your difficulties with professionals to ensure the right support is provided.

Managing mental health alongside autism

Autistic individuals may also experience anxiety, depression, ADHD, or sleep difficulties. Seeking assessment and support from mental health professionals who are knowledgeable about autism is important. Tailored therapy approaches, including cognitive-behavioral techniques adapted for autistic adults, can help improve overall well-being.

Support at work or in education

Autism does not limit your ability to succeed academically or professionally. Support can make a significant difference:



Reasonable adjustments:

Examples include quiet spaces, flexible schedules, additional time for exams, or clear instructions for tasks.



Specialized services:

Mentoring, coaching, or counselling can help with social interactions, stress management, and adapting to sensory demands.





Practical resources for workplace and educational support

1

Disability advisors or inclusion teams:

Available in many workplaces, colleges, and universities to guide you through accommodations.

2

Staff training programs:

Educating colleagues or teachers helps create understanding and inclusive environments.

3

Peer support networks:

Connecting with others who share experiences offers advice and reassurance.

4

National Autistic Society (UK):

Guidance for workplace adjustments and advocacy.

[Click here](#)

5

ACAS:

Information about legal rights and workplace accommodations for neurodivergent employees.

[Click here](#)

6

ACAS:

Information about legal rights and workplace accommodations for neurodivergent employees.

[Click here](#)

7

Access to Work:

Financial support for workplace accommodations and specialized equipment.

[Click here](#)





Practical tips for daily living

- ◆ Establish routines that align with your strengths and energy levels.
- ◆ Create sensory-friendly spaces at home or work.
- ◆ Use tools like planners, reminders, or apps to organize tasks.
- ◆ Celebrate your achievements, no matter how small –they reinforce self-confidence

Resources to learn more about autism

Websites:

- National Autistic Society [Click here](#)
- Tony Attwood – Autism Educator [Click here](#)
- NICE.org [Click here](#)
- DiverseMindsClinic.co.uk [Click here](#)

Videos

- NHS – Understanding Autism [Click here](#)
- Chris Packham: Exploring Autism [Click here](#)
- Temple Grandin – The Autistic Brain [Click here](#)
- Dr Luke Beardon – Anxiety and Autism [Click here](#)





Books

Exploring Depression and Beating the Blues by Tony Attwood and Michelle Garnett.

Autism Equality in the Workplace. Removing Barriers and Challenging Discrimination by Janine Booth

An Autistic Anthology: Neuro-Narratives of Mental Health Professionals by Nikita Shepherdson, Dr Vicky Jervis and Dr Marianne Trent

Finding community and online support

Engaging with autistic-led forums, local support groups, and online communities can provide a sense of belonging and opportunities to share experiences. Participating in discussions, webinars, or workshops can also enhance self-awareness and confidence.

