

We need ads for Autism Awareness especially on mainstream media. We have ads for everything else but no real ads for the reality of Autism.

1 in 70 people have Autism and statistics are usually aimed at children. But we need awareness for adults who may have autism and do not know it.

I bet your asking 'why would we want people wondering if they have autism or not and then flooding the system etc'

Well as a 42 year old woman who worked for state government when I was in my late 20s and when I had to change jobs I had trouble holding onto jobs because I didn't fit in or I was sick for no good reason in the eyes of the employer or the doctors. I was sent to many psychologists over the years who said I was anxious, depressed and needed CBT. None of it worked. Little did I know I was being fired because I was Autistic and I didn't know it.

I had a range of medical issues. Irritable Bowel Syndrome, Migraines, Sensitivities to surroundings, insomnia, gastric reflux, polycystic ovarian syndrome, fibromyalgia, tinnitus and the list goes on. And from all the research I've done on my own all of these can be linked back to also having autism as well as the mental problems.

So there are many people who have felt out of place their whole life. Who have been unwell but doctors can't narrow it down and just give you antidepressants or other medications etc. If GPs had some basic diagnostic tool that they may use so when a patient presents with all these ailments plus any behavioral ticks or attributes it can be suggested that they go to a CLINICAL PSYCHOLOGIST for a proper diagnosis as opposed to just a regular psychologist as for ten plus years no one picked up on my ASD until I saw a clinical psychologist.

We need more advertising. There are people out there who may not even know they are Autistic unless one of their children or relatives gets diagnosed and then they start thinking wow that sounds like me.

I have many ideas on how ads could be done and I certainly wouldn't leave it up to a neurotypical person to devise or execute them. I have learnt more about myself as a high functioning autistic woman through other Autistic YouTubers than any neurotypical psychologist.

If you want to help Autistic community, get Autistic people involved in ad campaigns, teaching and conventions where doctors, psychologists and the community can come together and connect some dots of what we really need as a community.

This world is not built for us. We have to bend and mimic to so called normal and appropriate behavior. To social acceptance to the detriment of our own health and wellbeing.

More information out there in the mainstream would help a lot.

And also shining a light on some people who are well known who have ASD would be great as well. Why? Because a lot of the public see ASD with such negative stigma.

We wouldn't have Ghostbusters without Dan Aykroyd and his Autistic hyperfixation on the paranormal.

Other celebrities include:

Daryl Hannah, Anthony Hopkins, Elon Musk, Temple Grandin, Lionel Messi, Heather Kuzmich, Tim Burton, Susan Boyle and the list goes on.

As an advocate I'm about trying to help adults find some peace about themselves. So many mature women have slipped through the cracks all their life because autism was always looked at in children and especially boys. And that is why some ads aimed at the statistics of how many people have autism and how many go unrecognized may go a long way to helping the community as a whole and also help the job sector as people could recognise why they are the way they are and work with employers to keep their jobs etc.

Thank you.

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