



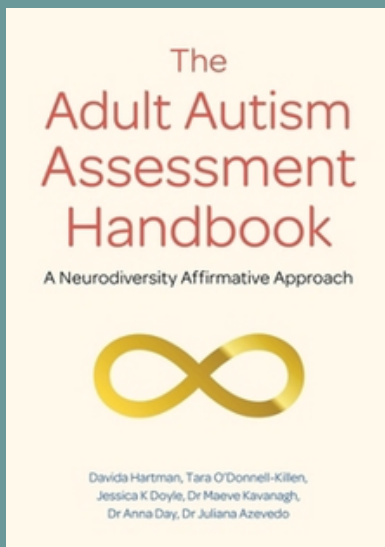
UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODE 52: ADULT
AUTISM DIAGNOSIS

SHOW SUMMARY

With autism awareness surging online, more adults than ever are seeking answers. But is the current assessment process actually helping them, or just ticking a box? This week, we dive into the recommendations from *The Adult Autism Assessment Handbook* to find out what a truly supportive evaluation looks like.

SEASON 2 EPISODE 52 SHOW NOTES



[The Adult Autism Handbook \(book\)](#)

“Proposed Criteria For Neurotypical Spectrum Disorder (NSD)” from: [The Adult Autism Handbook \(p. 62\)](#)

- **INTRODUCTION** 0:00-2:23
- **TRADITIONAL ASSESSMENTS** 2:23-18:12
 - Medical model of diagnosis
 - DSM5-TR
 - Pros and cons with using the DSM5-TR
 - The potential for ableism in diagnosis
 - Autistic erasure
 - Common views of people who have gone through the medical model of autism diagnosis
 - Nicole’s reaction to the medical model experiences
- **NICOLE’S RECOMMENDATIONS WHEN SEEKING A DIAGNOSIS** 18:12-47:50
- **WHAT IS THE GOAL OF A NEURO-AFFIRMING ASSESSMENT?** 47:50-49:46
- **WHY LANGUAGE MATTERS** 49:46-1:21:20
 - How we talk about autism matters
 - Examples of deficit focused statements in assessment vs. Neuroaffirming statements
- **HOW CAN ASSESSMENTS IMPACT ONE’S SELF ESTEEM AND THEIR VIEW OF THEIR OWN ABILITIES?** 1:21:20-1:34:27
- **ASSESSMENTS FROM THE PARENT’S POINT OF VIEW** 1:34:27-1:40:54
- **WHAT’S OFTEN MISSING IN ASSESSMENTS: RECOGNIZING EMPATHY AND A STRONG SENSE OF SOCIAL JUSTICE** 1:40:54-2:01:13



UNDERSTANDING AUTISM PODCAST

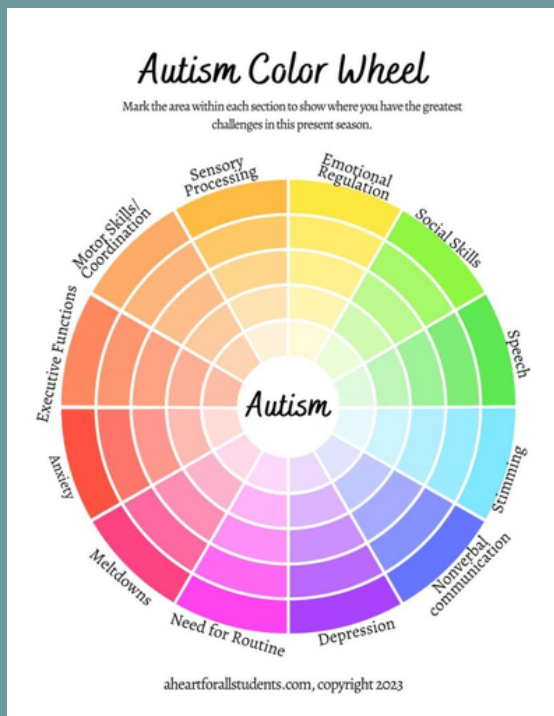
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RESOURCES



[Using the Autism Color Wheel \(Get Safe website\)](#)

[CAT-Q Questionnaire \(Embrace Autism website\)](#)

[Emergenetics \(Profile Assessments.com\) website](#)

- **MASKING** 2:01:13-2:29:36
 - What is masking?
 - Masking vs. shielding
 - The impact of masking on mental health
 - The impact of masking on an assessment
 - The impact of masking on adult independence

- **OUR ADVICE WITH ADULT AUTISM ASSESSMENTS** 2:29:36-2:46:09
 - What *should* happen at the end of an assessment
 - Three pieces of advice for parents
 - Flipping the script: talking about “Neuro-Typical Spectrum Disorder”
 - Understanding how we think using the Emergenetics model

- **RECOMMENDATIONS AND POST ASSESSMENT SUPPORTS FROM THE ADULT AUTISM ASSESSMENT HANDBOOK** 2:46:09-2:47:45

- **CLOSING** 2:47:45-2:48:32