



UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODE 53: ADULT
AUTISM DIAGNOSIS: INTERVIEW WITH ADAM

SHOW SUMMARY

We know transitions can be difficult for those on the spectrum, but what if you are transitioning from high school to college *and* you just discovered you are autistic? In today's episode, we interview Adam, a college student at Colorado School of Mines about his journey in navigating college life while discovering his true self.

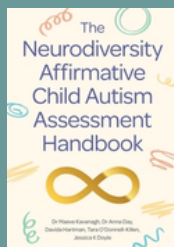
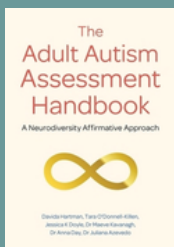
SEASON 2 EPISODE 53 SHOW NOTES



*Epiphany of an Autism Diagnosis
(Adam)*
artwork by Nicole Kubilus

RESOURCES

[The Adult Autism Assessment Handbook](#)



[The Neurodiversity Affirmative Child Autism Assessment Handbook](#)

➤ OUR INTERVIEW WITH ADAM	0:00-37:04
➤ OUR POST INTERVIEW THOUGHTS	37:04-2:47:11
• Open	37:04-40:34
• Reflections on being diagnosed as an adult: parent's and adult child's point of view	40:34-1:03:10
• How to choose a therapist when seeking an autism assessment or for ongoing therapy	1:03:10-1:39:00
• The adult assessment process: resource fairs and other resources	1:39:00-1:47:18
• Self diagnosis vs. formal diagnosis and acceptance into the autistic community	1:47:18-1:56:32
• The "Gap Year" idea	1:56:32-1:59:20
• Protecting your mental health: the experience of being autistic in high achieving schools and managing the transition into college	1:59:20-2:16:11
• Establishing support systems that will help in you in college and in your adult independence journey including self- advocacy for accomodations	2:16:11-2:25:14
• Teacher's/ professor's role in supporting neurodiverse students and employer's role in supporting neurodiverse employees	2:25:14-2:31:09
• Prioritizing mental health, self advocacy, and a growth mindset	2:31:09-2:45:35
• Close	2:45:35-2:47:11