

Autism Spectrum Disorder
Information Sheet For Adults

Websites

<u>Website</u>	<u>Description</u>
www.nas.org.uk	National Autistic Society (NAS) Website – This provides a vast amount of information regarding Benefits, Autism Alert Cards, Books, Support Groups, Local Services, etc
www.autism.org.uk/maturity	This website brings together a range of useful information for older adults with Autism.
https://community.autism.org.uk	A safe, welcoming place to share your questions, thoughts and experiences.
www.touretteshero.com	For Tourette's Syndrome.
www.livingsensationally.blogspot.co.uk	For Adults with sensory sensitivities.
www.sibs.org.uk	Where siblings can share experiences and support with others.



Telephone Numbers

<u>Company</u>	<u>Phone Number</u>
The National Autistic Society (NAS) Autism Helpline	0808 800 4104
The Carers Direct Hotline	0808 802 0202

Book References

Some of these may be more or less relevant. There are many books available, however, detailed below are ones we would recommend. We regularly review books on our website www.axia-asd.co.uk.

1. Autism & Asperger Syndrome in Children by Dr Luke Beardon
2. The Nine Degrees of Autism: A Developmental Model for the Alignment and Reconciliation of Hidden Neurological Conditions by Philip Wylie, Wenn Lawson and Luke Beardon
3. Neurotribes: The Legacy of Autism and the Future of Neurodiversity by Steve Silberman
4. Sex, Drugs & Asperger's Syndrome: A User Guide to Adulthood by Luke Jackson, Foreword by Tony Attwood
5. Asperger's Syndrome "A guide for Parents and Professionals" by Tony Attwood
6. Very Late Diagnosis of Asperger Syndrome (Autism Spectrum Disorder): How Seeking a Diagnosis in Adulthood Can Change Your Life by Philip Wylie
7. Been There. Done That. Try This! An Aspie's Guide to Life on Earth edited by Tony Attwood, Craig R. Evans and Anita Lesko
8. Choosing Autism Interventions: A Research-Based Guide by Bernard Fleming, Elisabeth Hurley and The Goth
9. Managing Asperger Syndrome at College and University "A resource for students, tutors and support services" by Juliet Jamieson and Claire Jamieson
10. Aspergirls - "Empowering Females with Asperger Syndrome" by Rudy Simone
11. Asperger's and Girls featuring Tony Attwood and Temple Grandin, plus 7 more experts
12. Marriage and Lasting Relationships with Asperger's Syndrome by Eva A Mendez
13. Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence by Luke Jackson - Particularly useful for teenagers
14. Life through a Kaleidoscope: Experiences of Scotopic Sensitivity Syndrome - Memoirs of visual fragmentation by Paul Isaacs and James Billett published by Chipmunka in 2013
15. The Reason I Jump by Naoki Higashida with an Introduction by David Mitchell published by Sceptre.
16. Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age by Sarah Hendrickx published in 2015
17. Autism and Asperger Syndrome in Adults by Dr Luke Beardon published by Sheldon Press
18. I am Special: A workbook to help children, teens and adults with Autism Spectrum Disorder to understand their diagnosis, gain confidence and thrive. 2nd edition by Peter Vermeulen.
19. M is for Autism by The Students of Limpsfield Grange School. Authors Vick Martin and Robert Pritchett.
20. Asperger Syndrome and Employment by Sarah Hendrickx – Jessica Kingsley Publishers.
21. How can I remember all that? By Dr Tracy Packiam Alloway