

## *Autism Resources for Women*

In addition to the resources in the 'Autism Resources' Document, below you will find resources which are specifically aimed at women and girls.

### WEBSITES & BLOGS

- **Life on the Spectrum** – Asperger's in Women  
[http://www.lifeonthespectrum.net/blog/?page\\_id=1906](http://www.lifeonthespectrum.net/blog/?page_id=1906)  
A UK-based charitable organisation dedicated to providing information for autistic people, particularly late-diagnosed adults. This page is dedicated to Asperger's in women, however the website contains lots of valuable articles.
- **Scottish Women's Autism Network (SWAN)**  
<https://swanscotland.org/>  
The aim of SWAN is to build a network for women with autism in Scotland, support members to build on their strengths and abilities, create a route to practical support, informed help and guidance and provide a sense of community for women with autism.
- **Different Minds** is a website developed by the Scottish Government and written by autistic people. It includes information about different people's experiences of autism in the Lived Experience section and also highlights where you can get different types of support.  
[www.differentminds.scot](http://www.differentminds.scot)
- **National Autistic Society – Autistic Women and Girls**  
Information on the gender diagnosis gap and shared stories from autistic women and girls.  
<https://www.autism.org.uk/advice-and-guidance/what-is-autism/autistic-women-and-girls>  
<https://www.autism.org.uk/advice-and-guidance/stories>
- **Jennifer O'Toole** is a woman with Asperger's living in the USA. She was diagnosed as an adult and is married to a man with Asperger's and their 3 kids all have Asperger's too. Her website covers a lot of different topics – the stuff related specifically to women and girls can be found here: <http://asperkids.com/girl-talk/>
- **Alis Rowe** is a woman with Asperger's who lives in London. She has written about living with Asperger's Syndrome and also set up a Social Enterprise called The Curly Hair Project which aims to support women with Asperger's Syndrome and their families to understand each other and communicate better. <http://thegirlwiththecurlyhair.co.uk/>
- **Debi Brown** is a woman with Asperger's living in Scotland. She has written 2 books for women with Asperger's, has a website with information on a range of relevant topics and writes a blog. <http://www.aspiedebe.com/>

- ***Musings of an Aspie*** - A blog written by Cynthia Kim. She writes about the process of getting a diagnosis and her journey of self discovery as a woman, wife and mother with Asperger's Syndrome. [www.musingsofanaspie.com](http://www.musingsofanaspie.com)

## ONLINE COURSES

- **Scottish Autism – Women and Girls Programme (Right Click)**  
<https://www.scottishautism.org/services-support/support-individuals/women-and-girls-online-support>  
The course is free to access and can be completed over a period of two months from registration.  
The course includes topics of:
  - Diagnosis
  - Education
  - Employment
  - Positive Living
  - Parenting

## YOUTUBE VIDEOS

- ***Kati Morton: Autism in Females: How is it Different?***  
<https://www.youtube.com/watch?v=gpJ6bJHEc-k> (9 mins)
- ***Curly Hair Project:***  
<https://www.youtube.com/channel/UCEqclclypFG6uoI5gBoi7dVg>
- ***Purple Ella: YouTube Page***  
<https://www.youtube.com/user/purplemumify/videos>
- ***Temple Grandin: The Life Autistic***  
<https://youtu.be/C8xaW84b7U8> (9 mins)
- ***Temple Grandin: The Autistic Brain (talk)***  
<https://www.youtube.com/watch?v=MWePrOuSeSY> (1 hr 3 mins)
- ***Temple Grandin: TED talks***  
<https://www.youtube.com/watch?v=aF4sP-uC-yI> (12 mins)  
<https://www.youtube.com/watch?v=UKhg68QJloo> (19 mins)
- ***Laura James: 5 Things You Should Know About Autism***  
<https://www.youtube.com/watch?v=jSyrSjFXVns> (3 mins)
- ***Laura James: The Steak that Roared***  
<https://www.youtube.com/watch?v=pBhf2QuU3Nc> (3 mins)
- ***Laura James: Lorraine Interview - Meet the Woman Diagnosed With Autism at 45***  
<https://www.youtube.com/watch?v=FnsZnj46L7M> (6 mins)

- **Amazing Things Happen by Alexander Amelines** – this cartoon is a good introduction to autism.  
<https://www.youtube.com/watch?v=RbwRrVw-CRo> (4 mins)
- **Autistic Not Weird Channel** – Chris Bonello is autistic and is a teacher. His channel has lots of short videos about autism.  
<https://www.youtube.com/c/AutisticNotWeird/about>
- **Chris Packham: Aspergers and Me (documentary)**  
<https://www.youtube.com/watch?v=x4tLlIzMGjM> (56 mins)

## BOOKS

- ***Twirling Naked in the Streets and No One Noticed: Growing Up with Undiagnosed Autism*** by Jeannie Davide-Rivera
- ***The Spectrum Girl's Survival Guide: How to Grow Up Awesome and Autistic*** by Sienna Castellon and Temple Grandin
- ***The Awesome Autistic Go-To Guide*** by Yenn Purkis and Tanya Masterman
- ***Supporting Spectacular Girls: A Practical Guide to developing Autistic Girls' Wellbeing and Self Esteem*** by Helen Clarke
- ***Taking Off The Mask*** by Hannah Louise Belcher
- ***Autism and Masking*** by Felicity Sedgewick, Lauren Hull and Helen Ellis
- ***Unmasking Autism*** by Devon Price
- ***Nerdy, Shy and Socially Inappropriate: A User Guide to an Asperger Life*** by Cynthia Kim
- ***Pretending to be Normal*** by Liane Holliday Willey
- ***I Think I Might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Self-Discovery for Adults*** by Cynthia Kim
- ***Are You Eating an Orange? And other stories from the autistic spectrum*** by Debi Brown
- ***The Sisterhood of the Spectrum: An Asperger Chick's Guide to Life*** by Jennifer O'Toole
- ***Women and Girls with Autism Spectrum Disorder: Understanding Life Experiences from Early Childhood to Old Age*** by Sarah Hendrick
- ***Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life*** by Liane Holliday Willey
- ***Aspergirls: Empowering Females with Asperger's Syndrome*** by Rudy Simone

- ***I Am Aspiengirl: The Unique Characteristics, Traits and Gifts of Females on the Autism Spectrum*** by Tania Marshall
- ***Thinking in Pictures*** by Temple Grandin
- ***The Autistic Brain: Thinking Across the Spectrum*** by Temple Grandin
- ***22 Things a Woman with Asperger's Syndrome Wants Her Partner to Know*** by Rudy Simone
- ***Been There. Done That. Try This!: An Aspie's Guide to Life on Earth*** edited by Tony Attwood
- ***Living Sensationally: Understanding Your Senses*** by Winnie Dunn
- ***Spectrum Women: Walking to the Beat of Autism*** by Barb Cook & Dr Michelle Garnett

**PODCASTS (recommended by other recently diagnosed adults)**

- **The Autistic Culture Podcast**
- **The Autism Podcast (London Autism Group)**
- **SquarePeg Podcast**