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**Autistic Adults and Living Independently**

**May 10, 2021**

**Program Script includes my introductory remarks, announcements, and Autistic Community Bulletin Board**

Welcome everyone to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult. My name is Philip King-Lowe. I am the owner, producer, and host for this podcast, and I am an Autistic Adult. Thank you so much for listening.

This first segment of Today’s Autistic Moment is sponsored by The Autism Society of Minnesota: Minnesota’s First Autism Resource. The Autism Society of Minnesota has been serving Minnesota’s Autism Community for the past 50 years. Visit them online at ausm.org.

Thank you to everyone who purchased a tee-shirt to go towards my donation to The Autism Society of Minnesota. Today’s Autistic Moment donated $50.00 to AuSM, plus another $50.00 through the Spring Forward Fundraiser organized by GiveMN.org. Thank you so very much everyone.

Congratulations to Kristine Thielen who won a free custom-made tee-shirt as the free giveaway at the Inform, Influence, Innovate Together 2021 Autism Conference.

Go to todaysautisticmoment.com for more information about this podcast for Autistic Adults. Tap or click on the hamburger menu at the top right corner to learn about this podcast, new installments coming up, the episode index for all published shows, and my list of dos and don’ts’s. Stop by the store to purchase a custom-made tee-shirt with the logo for Today’s Autistic Moment on them. You can also shop for great books, fun fidgets, weighted blankets, and a silicone bracket to keep the material of facemasks off of your skin.

I want to thank my wonderful sponsors, The Autism Society of Minnesota, Looking Forward LC, GT Independence, Best Care, and the Minnesota Independence College and Community. Today’s Autistic Moment is FREE to anyone who wants to listen. If you would like to join them by becoming a patron to keep this podcast FREE, go to the New Podcast Episodes Page and click on the button that reads I WANT TO BE A PATRON to be taken to my Patreon page to donate and help spread the word about Today’s Autistic Moment. Patrons can donate and have their names included on our Patrons page, or they can donate anonymously.

If you are looking for a program script and an interview transcript, go to the New Podcast Episodes page or the Episode Index page. Interview transcripts are sponsored by GT Independence.

During the last episode *Autistic Adults and Community Based Services*, Sara Swan from Looking Forward Life Coaching said that there is a stigma that Autistic Adults do not know how to do things to better care for themselves. Autistics can live independently when given the tools to do so through programs that are person centered. GT Independence is a company that is disability owned to give Autistics and individuals with other disabilities the opportunity to live independently by being in control of their supportive services. By living independently, disabled people become their own employers who hire the people they want to organize their own care.

Dan “DJ” Carmichael is a writer, former stand-up comedian, and co-owner of GT Independence financial management services. Dan is an Autistic Adult. Dan and his wife Holly are the parents of an Autistic Son and a daughter with a rare disease. DJ has found and focused on creating an award-winning inclusive work environment, designing work spaces that are efficient, accommodating and visually appealing. His memoir “Never Too Soon” is slated for a 2022 release. Dan will share with us information about what independent living for Autistic Adults is, and how GT Independence helps accomplish that. Dan will also share some thoughts about what his journey of being Autistic and a business owner is like.

After this commercial break, I will begin my conversation with Dan Carmichael. Stay Tuned.

Welcome back. It is my pleasure and honor to welcome Dan (DJ) Carmichael to talk with me about Autistic Adults and Living Independently.

Go to todaysautisticmoment.com to the store, to shop for great books such as *Gender Identity, Sexuality and Autism* by Mendes and Maroney. Bringing together the collected narratives from those who are on the autism spectrum while also identifying as lesbian, gay, bisexual, transgender, queer, intersex and/or asexual (LGBTQIA), this book explores the intersection of the two spectrums as well as the diverse experiences that come with it.

Go to the store at todaysautisticmoment.com to shop for great books such as *The Awesome Autistic Go-To Guide: A Practical Handbook for Autistic Teens and Tweens* by Yenn Perkins and Tanya Masterman. This book explores what it feels like to be a young person on the autism spectrum and looks at all the brilliant things people on the autism spectrum can do. Full of insights about being awesome and autistic, this book celebrates the strengths of understanding the world in a different way.

**Future Shows**

On May 24th, I will publish the episode Autistic Adults and Justice in Employment. Autistic Adults are disproportionally unemployed and underemployed. The Americans with Disabilities Act may be the law to protect against discrimination in the work place, but discrimination is still happening. Why is that the case? My guest Samuel J. Levine is the Director of the Jewish Law Institute and Professor of Law at Touro College in New York. Samuel J. Levine is a strong advocate for special education, disability rights and in particular Autistics. Samuel will talk with me about how many intolerant employers are getting around the laws to discriminate against Autistic Adults, and why it would be in many employers’ best interest to hire Autistic Adults because of the skills and talents we bring.

Coming in June as we celebrate LGBTQ Pride Month, I will publish one show about Autistic Adults: Our Diverse Sexual Orientations. Three different Autistic Adults will join me to talk about their diverse sexual orientations. They will discuss their social challenges with socialization, dating and the discrimination they face for being Autistic as well as Lesbian, Gay, Bisexual, Pansexual and Queer. The second show will be Autistic Adults and Our Diverse Gender Identities. A Transgender person who is Autistic, a person of color as well as Jewish will talk about what their journey has been like.

For more information go to todaysautisticmoment.com. Also, please follow Today’s Autistic Moment on Facebook, Twitter, Instagram and LinkedIn.

**Today’s Autistic Community Bulletin Board**

**June Workshop in Austin, Minnesota, features Judy Endow.** Autism Friendly Austin, the Autism Society of Minnesota and the Hormel Historic Home will co-host “Autistically Thriving: Living a Self-Determined Life” an in-person and virtual informative workshop held on June 10th from 8am to 4pm led by Judy Endow, LCSW, author and international speaker on a variety of autism-related topics. I have heard Judy Endow speak, and the information she shares is invaluable. I highly recommend attending this session to listen to Judy.

**Planning for the Unexpected: Emergency Preparedness for Autistic Adults** the virtual skillshop will take place on Tuesday, May 25th from 7-9pm. Eric Ringgenberg will be the presenter. Unexpected emergencies are challenging for everyone, however there are multiple reasons why Autistic Adults may face increased challenges and difficulty with navigating these situations. Review the basic terms that make up an emergency kit, how to prepare a basic emergency preparedness plan for you and others and discuss resources that you can access after a disaster strikes. This session will also cover interactions with first responders, including disability disclosure, interaction strategies, and community concerns.

**Steps for Autism in Minnesota** will take place on May 23, 2021 beginning at 9am to 12pm at the Como Lakeside Pavilion located at 1360 Lexington Pkwy, N., in St. Paul. Join AuSM for this hybrid edition of the 21st Annual Steps for Autism in Minnesota, AuSM’s largest fundraiser of the year. At Steps you will find community, resources, and support. With Safety in mind and social distancing in place, AuSM will offer participants an all-abilities walk route, activity stations featuring Three Rivers Park District, the Ramsey County Sheriff, the Ramsey County Library, AuSM Camps and quiet space, yoga, and costumed characters. There will be an autism resources fair, featuring businesses and organizations that offer programs and services for families and individuals with autism and opportunities for community connections. Those who prefer virtual access will find autism business and organization resources on our website and will be able to walk their favorite route in their own spaces, in their own time. 100% of dollars raised through Steps for Autism are tax deductible, stay local, and support programs and services that help the 1 in 44 people affected by autism in Minnesota to grow and thrive.

Go to ausm.org to register or read about any of these events.

Thank you for listening to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult.

You can email me anytime, PKLowe@todaysautisticmoment.com