

**Autistic Adults and Autism Acceptance**

**Program Script**

**April 5, 2021**

**The 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, 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 to register for the conference April 21-24th.

Go to todaysautisticmoment.com for podcast updates, news, new episodes, the autism resources links page, and the store. Celebrate April as Autism Acceptance Month by visiting the store page to shop for a custom-made tee-shirt in the color of your choice. I will be donating 15% of the total of all shirts sold to the Autism Society of Minnesota in May. While in the store, shop for books by authors such as Temple Grandin, Cynthia Kim, Samuel J. Levine and the Autistic Women’s and Nonbinary Network. Shop for some cool fidgets, weighted blankets and a silicone bracket to keep the material of facemasks off of your skin. If you are looking for the program script with my announcements and a transcript of the interview, go to new podcast episodes and/or the episode index page to download them. Transcripts are sponsored by GT Independence.

April for many is known as Autism Awareness Month. Autism awareness was (and still is) an important movement designed to help more people become aware of autistic individuals, and the challenges we live with. Autism awareness is a good thing in how it has been helped people become aware of Autistic individuals and that we are now more visible to others around us.

While Autism Awareness really does assist Autistic Adults, it only brings us so far. If we give the analogy of going to someone’s home, Autism Awareness means we are on the front steps ringing the doorbell. Autism Acceptance means the door is wide open and we are welcomed into the home, and fully accepted for who we are. Autism Acceptance means that people accept Autistics as valuable contributors to the common good of society, and that we can participate fully to achieve our potential. Autism Acceptance is a real smack down to ableism for Autistics. Autism Acceptance is the opportunity to fully reject those who still believe that autism is a disease or epidemic and needs to be “fixed or cured,” and for Autistic individuals to be wonderfully unique people just as we are.

Ellie Wilson is the Executive Director of The Autism Society of Minnesota. Ellie has been leading The Autism Society of Minnesota, and Minnesota’s Autism Community from Autism Awareness to Autism Acceptance. Ellie is my guest on Today’s Autistic Moment to talk about why it is so important to move from Autism Awareness to Autism Acceptance.

Just a reminder that this episode is the first that will have three commercial breaks and five segments. After this first commercial break, Ellie Wilson will join me to talk about Autistic Adults and Autism Acceptance. Stay tuned.

**Future Shows**

I have exciting episodes and topics coming up that are planned through July.

On April 19th, I will publish the episode Autistic Adults and Community Based Services with guest Sara Swan, the founder of Looking Forward Life Coaching. Sara and I will talk about what is happening to many Autistics in the State of Minnesota in terms of accessing important services such as Medical Assistance, Community Access Disability Inclusion (CADI) Waivers to get PCA’s, homemakers, Independent Living Skills Workers, and other services. What we will be sharing will not be pleasant, but it is past time that this subject be discussed openly to hopefully lead to some radical changes for Autistic Adults and our caregivers.

In May, Dan Carmichael an Autistic from GT Independence will join me to talk about Living Independently, Samuel J. Levine, Jewish Author and Law Professor will talk about Justice in Employment for Autistic Adults. In June, the topics will be Autistic Adults and Our Diverse Sexual Orientations and Gender Identities. And finally, in July, the topics will be Autistic Adults and Financial Planning and Autistic Adults: Media Portrayal or Betrayal?

I hope you will listen to these great installments with amazing guests.

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

If you live in the State of Minnesota, contact your State Representative and ask them to support Minnesota House File 1362 to help Parents with Disabled Children have better access to accommodations for inclusive educational services. School districts would be required to listen for the requests of parents and guardians for accommodations and be sure the parents and students get respectful responses.

Ask your State Representative and Senator to support House File 193 and Senate File 1349 that would require that emergency shelters and domestic violence shelters to provide accessibility for people with disabilities.

**On April 13th, from 7-9pm I will be presenting a virtual Skillshop about Aging Autistic Adults** **at the Autism Society of Minnesota**. Many of you may have listened to my episode Aging Autistic Adults: What We Needed Yesterday with Dr. Theresa Regan. During the virtual skillshop I will mention much of what Dr. Regan spoke of, and some additional information about the barriers for aging autistic adults and some self-advocacy.

**On April 27th, from 7-9pm, Beth Pitchford will present a skillshop called Friendship: How to Find and Keep Friends as An Autistic Adult.** Many people on the autistic spectrum have lots of social challenges to find and maintain friendships. Beth will give some tips for building strong friendships and maintaining them during the COVID-19 pandemic while we need to keep social distancing.

**Steps for Autism in Minnesota** will take place on Sunday, May 23rd, 2021 from 9am to 12pm at Como Lakeside Pavilion on 1360 Lexington Pkwy. N. in St. Paul, MN. With safety in mind and social distancing in place, AuSM will offer participants a walk route, fun activities, an autism resource fair and opportunities for community connections. Those who prefer virtual access will find autism business and organizational resources at ausm.org and will be able to walk their favorite route in their own and on their own time.

**Join the Autism Society of Minnesota for the Virtual Joint Conference** April 21st through the 24th. You’ll learn from five amazing keynote speakers and dozens of breakout sessions of various topics. Visit ausm.org to register and learn about other educational opportunities.

One last note, earlier in my interview with Ellie, I mistakenly said that I was diagnosed in 2013. I was diagnosed as autistic in 2011.

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