**Today’s Autistic Moment**

**Script for Autistic Adults: Our Own Brand, Make and Model.**

Welcome to Today’s Autistic Moment: A Podcast for Autistic Adults by an Autistic Adult. My name is Philip. I am the owner, producer and host, and I am an autistic adult.

Please visit todaysautisticmoment.com. Today’s autistic moment in my web address is all one word with no apostrophe between y and s. Check out the store to shop for good books, fidgets and weighted blankets. You can also purchase a silicone bracket to keep the material of facemasks off the skin on your face. You can also download a program script and transcript of this episode on New Podcast Episodes on my website. You can also follow Today’s Autistic Moment on Facebook, Twitter, Instagram and Linked In. You can also send an email to PKLowe@todaysautisticmoment.com.

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 is celebrating 50 years of serving Minnesota’s autism community. Visit them online at ausm.org.

One of the most misunderstood aspects about autistic people is that each of us is unique. Every person who is not autistic is different from another person. Whether it is hair color, skin color, sexual orientation, gender; or they like chocolate or vanilla. Some like rock and roll music. Others like country music. Autistic adults are as diverse as anyone else.

Each autistic adult has our own brand, make and model of autism. Some of us fidget more, others fidget less. Some autistic adults eat vegetables, others simply cannot tolerate the textures of some vegetables. There are autistic adults who fixate on trains, airplanes, cars, fantasy/fiction, marine life or cooking. Other autistic adults hyper focus on knitting, game playing or bowling. Some autistics can communicate by talking out loud and tell you everything that is going communicate with anyone around them. Other autistic individuals use AAC devices to help them communicate with others. The point is, we are all different.

On this episode of Today’s Autistic Moment, my good friend Robyn DeCourcy and I will talk about neurodiversity. We will talk about the origins of the word neurodiversity, and why it is so important for autistic people to be accepted, as opposed to being “fixed.” Robyn worked as an educational specialist at the Autism Society of Minnesota. Her knowledge of autism and ability to communicate the information is outstanding.

And now I present to you Autistic Adults: Our Own Brand, Make and Model with my guest Robyn DeCourcy.

*Go to Transcript for my conversation with Robyn.*

**Final Announcements and Upcoming Shows**

Visit the virtual booth for Today’s Autistic Moment at the Inform, Influence, Innovate Together, the virtual collaborative conference organized by the Autism Societies of Minnesota and Greater Wisconsin, April 21st – 24th. I will be offering appointments for those who are interested in being future guests on my podcast or have suggestions about topics. Be sure to purchase a custom-made tee-shirt by April 24th to go towards the fundraiser for AuSM.

The next episode of Today’s Autistic Moment will be Autistic Adults and Social Narratives. Eric Ringgenburg, the Director of Education Programs at the Autism Society of Minnesota will be my guest to talk about how Autistic Adults can use social narratives to help executive functioning to help with daily self-care. Eric’s advice will be informative with lots of great ways to use social narratives. This episode will be published on March 22nd.

On April 5th, I will publish the episode entitled Autistic Adults: Autism Acceptance. Ellie Wilson the Executive Director at the Autism Society of Minnesota will be my guest to talk about why it is so important to move from Autism Awareness to Autism Acceptance.

On April 19th, I will publish an episode about Autistic Adults: Community Based Services. Sara Swan the founder of Looking Forward Life Coaching will be my guest. I have created a survey for autistic adults to take about your experiences with community based services to help us prepare to talk about what is so important to you about this topic. Go to todaysautisticmoment.com to the New Podcast Episodes to take the survey.

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

**The 2021 AuSM Summer Recreation Cataloge/AuSM’s Guide to Sensory-Friendly Minnesota** is now available on AuSM’s website. The Catalogue contains information about activities with time sensitive registration information, skillshops, training workshops and summer camps. Don’t miss these amazing opportunities for Minnesota’s autism community.

**On March 23rd, from 7pm-9pm, Jillian Nelson will be presenting a virtual skillshop about Self-Advocacy**. Jillian is the public policy advocate at the Autism Society of Minnesota. Jillian will be talking about what she has learned about self-advocacy. She will talk about the history of self-advocacy with some great advice for autistic individuals to advocate for themselves.

**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 some of what Dr. Regan spoke of, with 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.

**Inform, Influence, Innovate Together.** The second collaborative virtual conference organized by the Autism Societies of Minnesota and Greater Wisconsin will take place on April 21st to the 24th. Go to ausm.org for more information and to register.

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