**Aging Autistic Adults: What We Needed Yesterday**

**Episode Script**

Welcome everyone to Today’s Autistic Moment: A Podcast for Autistic Adults by An Autistic Adult. My name is Philip King-Lowe, your host and I am an autistic adult.

Please visit my website todaysautisticmoment.com. A reminder that Today’s Autistic Moment in my web address is all one word with no apostrophe between y and s. When you visit my website go all the way to the upper right corner to the hamburger menu. Tap or click on the three short lines. Click or tap on the + sign next to Podcast Information to find newly published episodes and the box in the center where you can put your email address and subscribe. When you subscribe to Today’s Autistic Moment you will receive emails with the links to new episodes and other news about this podcast. Also be sure to click on Today’s Autistic Moment Store for a new tee-shirt with the logo for Today’s Autistic Moment on them. The material has been carefully selected to be as comfortable as possible for autistic individuals with clothing texture sensitivity. You can also follow Today’s Autistic Moment on Facebook, Twitter and Instagram.

I have one more announcement. Some new listeners of mine have requested to have a transcript in addition to the spoken podcast. Beginning with this episode, you can now download a transcript in a PDF document. Thank you to my listeners for requesting a transcript.

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.

Being autistic at any age is challenging. Our neurodiversity makes each autistic adult unique with regards to sensory processing disorders, executive functioning, mental illnesses and managing day to day activities. Many autistic adults have challenges with communicating our needs with physicians; and it is the common experience of many that many medical professionals are not educated about what being autistic means. Our bodies and minds go through many changes as we age. We need the help of information and resources to assist us with what we will need as we grow older. Yet, much of that information and too many of those resources are not as available as they should be for autistic adults. Autistic seniors needed the appropriate information, resources and services yesterday. We need them that much more today. During this episode of Today’s Autistic Moment, we will talk about Aging Autistic Adults and What We Needed Yesterday.

My guest today is Dr. Theresa Regan, a neuropsychologist and autism specialist. Dr. Regan is the author of the book *Understanding Autism in Adults and Aging Adults: Improving Diagnosis and Quality of Life.* Dr. Regan has worked with adolescent through geriatric patients in medical settings for 25 years. She currently works at OSF Saint Francis Medical Center in Peoria, Illinois.

Now I present to you Aging Autistic Adults: What We Needed Yesterday with my guest Dr. Theresa Regan.

Today’s Autistic Moment: Aging Adults

TAM’s Ads and Future Show Announcements

Dr. Regan’s book: *Understanding Autism in Adults and Aging Adults: Improving Diagnosis and Quality of Life* can be purchased on todaysautisticmoment.com. Go to Podcast Episodes and scroll down to the description of this episode. Just below it you can tap or click on the photo of the book to be connected to the link to purchase Dr. Regan’s book through Amazon.

Looking for some new books or really cool fidgets? Go to Today’s Autistic Moment Store on my website. There is a great book for Autistic Adults entitled *I Think I might Be Autistic: A Guide to Autism Spectrum Disorder Diagnosis and Discovery for Adults* by author Cynthia Kim.

You can also find weighted blankets and a silicone bracket to use with face masks to keep the material off of the skin on your nose and face.

Thank you for listening to Today’s Autistic Moment.

Tee-shirts and fundraiser.

Use what is below for the Future Shows Announcements

Beginning March 1st through April 24th, I will be having a fundraiser for the Autism Society of Minnesota for April which is Autism Acceptance Month. Go to my website: todaysautisticmoment.com to the store, and purchase a custom-made tee-shirt. Buy a teeshirt any time between March 1st through April 24th, and I will be donating 15% of the total sale of all the tee-shirts sold to the Autism Society of Minnesota through the Give at Home fundraiser by GiveMN in May which will double the total of the donation. If you would prefer to make a donation without buying a tee-shirt, you can do that too. Look for the button in Today’s Autistic Moment Store to donate to AuSM Fundraiser. I will be hosting a booth for Today’s Autistic Moment at the virtual State Autism Conference organized by the Autism Societies of Minnesota and Greater Wisconsin April 21st through April 24th where you can purchase a tee-shirt to go towards our donation. You can also enter your name for a drawing to receive a free custom-made tee-shirt.

Some announcements about upcoming shows.

The next episode will be Autistic Adults: Our Own Brand, Make and Model. My good friend Robyn DeCourcy and I talk about neurodiversity.

Other upcoming shows will be on subjects such as Adult Autistic Women, Autism Acceptance and Social Narratives.

Remember you can always follow Today’s Autistic Moment on Facebook, Twitter, Instagram and LinkedIn.

Thank you for listening to Today’s Autistic Moment.

**Autistic Community Bulletin Board**

**Celebrate 50 years with a Toast to AuSM** during an at home brunch. Gather with your friends, family and a brunch of your choice on February 28th for a virtual celebration of AuSM’s many accomplishments for the past 50 years. AuSM will entertain you with an interactive online program including local celebrity chefs and prize drawings.

**Understanding Autism and Best Strategic Practices**

Learn common characteristics of individuals with autism and sensory processing disorders. Obtain valuable insight on evidence-based best practices to support autistic people and sensory processing sensitivities. These classes are ideal for caregivers, parents, grandparents, group home and day program staff, PCA’s, and health care staff.

Classes are free of charge and will be held virtually in March and April.

**Inform, Influence, Innovative Together**

The second collaborative virtual conference organized by the Autism Societies of Minnesota and Greater Wisconsin will take place April 21-24, 2021. Go to ausm.org for more information and to register.

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