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**Autistic Adults and Interdependence**

**August 23, 2021**

**Program Script**

Opening Announcements, Introduction, Some Ads, Future Shows

Today’s 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, the owner, producer, and host; and I am an Autistic Adult. Thank you so very much for listening.

Today’s Autistic Moment is a member of the National Podcast Association.

Today’s Autistic Moment is always a free to listen to podcast that gives Autistic Adults access to important information, learns about our barriers, and helps us discover the tools and strengths we need for self-advocacy.

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>.

Please go to [todaysautisticmoment.com](https://todaysautisticmoment.com/) to the [New Podcast Episodes](https://todaysautisticmoment.com/podcast-episodes/podcast-episodes/) page and/or the [Episode Index](https://todaysautisticmoment.com/podcast-episodes/ein/) page to get updates, download shows, program scripts and interview transcripts. Interview Transcripts are sponsored by GT Independence.

Also, please follow Today’s Autistic Moment on Facebook, Twitter, Instagram, and LinkedIn. Be sure to become a member of Today’s Autistic Moment Community Group page on Facebook, where you can meet me, other listeners, exchange conversations and find program updates, news about subscriptions and bonuses, upcoming shows and take advantage of special offers.

On Tuesday, August 10th, I was interviewed by Meghan Grey from KEYC News in North Mankato, Minnesota. There was a brief segment on their 6 o’clock news that evening about what Today’s Autistic Moment is doing. Check out the link to the brief segment on the home page for <todaysautisticmoment.com>. While you are there, don’t forget to check out the store to purchase a coffee mug, or a 16 oz double wall stainless steel vacuum bottle or a fidget with the logo for Today’s Autistic Moment on them.

On Wednesday, October 20th I will be hosting the very first Autistic Voices Round Table Discussions virtual event. The topic for discussion will be Person First and Identity First Language. I am seeking three individuals that identify as a “person with Autism,” and three who identify as an “Autistic person.” I am planning to have a very honest and civil conversation through which all the participants will share their opinions by answering questions that will be asked. Autistic Voices is an opportunity to bring the voices of Autistic people to the forefront to talk about issues such as what identity language we use, without those discussions being dominated by non-autistic people. I will be getting some great sponsors, so that the event will be free of charge for people to attend. I am accepting applications from Autistic individuals who want to be participants in the round table discussions until Friday, September 3rd. Go to <todaysautisticmoment.com/autisticvoices/> for more information and to apply to participate.

Go to <todaysautisticmoment.com/subscribe/> to see the new subscription offers. Some subscriptions offer you free spinner fidget toys, 16 oz stainless steel vacuum bottles and a coffee mug. Subscription offers can save you up to $26.00 for the free items offered. Please subscribe to Today’s Autistic Moment and support the podcast.

On August 13th, an article was written on today.com by Laura T. Coffey entitled *Why There’s a War Between Parents of Children with Autism and Autistic Adults*. Coffey writes about a parent with an Autistic Child, and their attempts to seek support on social support groups on Facebook and Instagram. The parent says that whenever they write something about their Autistic child, Autistic Adults attack them. Further on in the article they interviewed a doctor who said, “Most Autistic people become less disabled as they get older and sometimes, we get strikingly less disabled.” They also interviewed someone who is involved with the “National Council on Severe Autism.”

The more I read the article, the more I remembered my episode with Nicola Whiting about *Autistic Adults: Media Portrayal or Betrayal*. Once again, Autistic Adults have been poorly stereotyped by suggesting that many of us are at war with parents with Autistic Children, when that is far from the truth. The article is written from the point of view of the caregiver of an Autistic Child, with no appreciation for the input, feelings, and intelligence of Autistic Adults. The quote by the doctor is full of ableism, by suggesting that it is hopeful that Autistics will “become less disabled as they get older.” As an Autistic Adult with various disabilities, I find that quite offensive. The value Autistic Adults bring to themselves, and society should not be the subject of who is more disabled than someone else. In my opinion, what is written in the article adds more fuel to the social fires Autistic Adults are already being harmed by, and fans the flames so that they are out of control to further stigmatize us. This article is a betrayal to Autistic Adults. Caregivers of Autistic people can learn a lot if they will only listen to the experiences of Autistic Adults and give us some credit that we understand ourselves very well. Many of us are in a lifetime of therapy from the trauma of being marginalized for being unique in terms of how we think, do things, process the environments around us, and communicate with others. Autistic Adults are speaking up to tell others that we do know our own Autism, and we do have voices and strengths to advocate for ourselves. We need more advocates and supporters, not more bullies.

Articles like that one are precisely why Today’s Autistic Moment’s podcast and Autistic Voices Round Table Discussions are here. Autistic Adults have been left in our rooms and basements, assumed to be unable to represent our own interests for far too long. It is past time for the voices of Autistic people to be heard, and non-autistic people need to listen to us for a change. That is why I host these programs.

Another misconception about Autistic Adults is exactly why Zephyr James is here to talk with me about Interdependence. Interdependence is a concept that Autistic Adults need to become better acquainted with. Too many Autistic Adults are presumed to be incapable of taking care of ourselves and therefore we are all supposed to be dependent on others in group home or institutionalized settings. The other extreme is that we become independent. To be independent suggests that we are all on our own. Companies like GT Independence helps disabled people manage our own care. Yet, those who use their services are clearly not totally independent, because they work with others to help them.

Zephyr James is the Community Engagement Management at the Autism Society of Minnesota to work on their latest project of helping Autistics to focus on being interdependent. The focus for the project this year is in four areas. Healthy Relationships. Building Strong Families. Connected Communities. Independence and Interdependence. The work for interdependence is to help Autistics to live into our individual strengths, while depending on others for the appropriate assistance we may need.

After this first commercial break, I will begin my conversation with Zephyr James about Autistic Adults and Interdependence. Stay tuned.

**Adult Autism Resources Links Page**

Are you looking for resources to help you find out about things like COVID-19 Vaccine Resources? Maybe you would like to find out more about the sponsors for Today’s Autistic Moment. Would you like to find the resources mentioned by my guests? Then be sure to visit <todaysautisticmoment.com/adultlinks/> for the Adult Autism Resources Links page. New links are added regularly.

Thank you for listening to Today’s Autistic Moment.

**Future Shows**

The first Fall Season of Today’s Autistic Moment begins with two shows during which we are going to have some frank conversations about sexuality with sensitive content that may not be appropriate for all audiences. Listener discretion is advised.

On September 6th I will publish the episode *Autistic Adults: Dating, Romantic Relationships and Sexuality* with Leah Bauman-Smith from the Mad Hatter Wellness Center in St. Paul, Minnesota.

On September 20th Leah Bauman-Smith returns for the episode *Autistic Adults: Let’s Talk About Consent*.

Other shows coming up in the Fall are about Coming Out as Autistic, Transgender and Nonbinary. Managing Relationships with other Autistics. Preparing for the Sensory Unfriendly Holidays. Substance Abuse Addiction. Substance Addiction Recovery, and Internet Safety.

For updates on the podcast, programs, special events and more go to <todaysautisticmoment.com>. You can also follow Today’s Autistic Moment on Facebook, Twitter, Instagram, and LinkedIn. I invite you to join Today’s Autistic Moment Community Group on Facebook.

Thank you for listening to Today’s Autistic Moment.

**Today’s Autistic Community Bulletin Board**

On Sunday, September 19th, 2021, Minnesota Independence College and Community invites you to their 4th Annual IndePENNdance 5k Run/Walk at Donaldson Park in Richfield, Minnesota. Check In/Registration is at 9:15am, the race starts at 10:00am. Go to [www.miccommunity.org/5k](http://www.miccommunity.org/5k).

Registration is now open to attend the virtual Autism Community Summit 2021 on Saturday, September 18th, from 9:00am to 4:30pm.

Go to <ausm.org> to register.

If you have any questions for me, you can always send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com)

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