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**Autistic Adults: Managing Relationships with Other Autistics**

**October 18, 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.

The first live virtual Autistic Voices Round Table Discussion about Person First and Identity First Language will take place on Wednesday, October 20th at 2:00pm central standard time. Seven Autistic individuals will talk with each other about the two most commonly used labels for Autistic people. The event is free for those who want to attend. I would ask that you register for your free ticket to attend the event through the Zoom link provided. You can register by going to [todaysautisticmoment.com/autisticvoices/.](todaysautisticmoment.com/autisticvoices/) The live virtual event will be streamlined in the group for Today’s Autistic Moment Community page on Facebook. Please become a member of the group so you can attend the event.

October is ADHD Awareness Month. Attention Deficit Hyperactivity Disorder. In the DSM-5 approved in 2013, ADHD was placed in the same family as Autism as a neurological developmental disorder. In March, Robyn DeCourcy an individual with ADHD was my guest to talk about neurodiversity. Today’s Autistic Moment recognizes ADHD being prevalent in Autistic people and allistic people. The neurodiversity movement recognizes that there are differences and different brains in the world. Each neurodivergent person is worthy of acceptance, inclusion, respect, and celebration.

According to the Merriam-Webster’s Dictionary online, the definition of diversity is “the condition of having been composed of differing elements.” The word diversity is synonymous with words like assortment, diverseness, multiplicity, and variety.

Every marginalized group of people has a double-edged sword with diversity. There are the stigmas about people of different races, languages, sexual orientations, gender identities and disabilities face from those who are not part of those communities. They also face the issue of dealing with and accepting the diversity among their own group of people. Autistic Adults are no exception. The most common and challenging quote is “If you have met one Autistic person, you have met one Autistic person.” The neurodiversity movement has just as many varieties among us as any other group of people. We talk about neurodiversity and our desire for everyone to be accepted and celebrated. Yet, forming and managing relationships for many Autistics with other Autistics is not always as simple as we would like. Deciphering what our relationships with other Autistics will be, for example, Pen Pals, coffee buddies, text chats, acquaintances, friendships, co-workers and dating relationships, can be very challenging for many Autistic Adults. Another matter is defining boundaries. Many Autistic Adults have very special interests that may or may not be shared by another Autistic person. These are just a few of the challenges for managing relationships with other Autistics.

George Williams is my guest today. George and I are going to talk together, to see if we can help Autistic Adults find good ideas for managing their relationships with other Autistics. George and his wife are the parents of a 24-year-old Autistic son. Their son is very creative and enjoys animations and pencil drawings. George is an author and freelance writer of two books and is currently working on a third. George and his wife are the co-owners of Optimal Healthcare Solutions. They are consultants for home health care agencies, providing guidance through startup, operational, and growth phases of agency development. George and his wife also provide CEU training for agencies to meet state compliance regulations.

After this first commercial break, George Williams will join me to talk about Autistic Adults: Managing Relationships with Other Autistics. Stay tuned.

**Future Shows**

Coming up on November 8th (and not November 1st), *Autistic Adults: Preparing for the Sensory Unfriendly Holidays*. The holiday season is full of sensory problems. Many Autistic Adults get overwhelmed by the changes in routines. Certain foods are difficult to smell, eat and digest. The large family gatherings and loud parties can be overwhelming with all the sensory input. Zephyr James returns to give some great tips about how you can prepare to take care of your Autistic needs for the upcoming Holiday season.

David Grey-Hammond will join me for two separate shows. On November 22nd, David will be my guest for *Autistic Adults: Substance Abuse Addiction*. Alcohol and drug addiction for Autistic Adults is a bigger problem than most people realize. Many Autistic Adults have reached for alcohol and/or drugs both prescription and recreational to cope with anxiety and became addicted to them. David is an Autistic Adult from the United Kingdom. David joins me to talk about how substance abuse addiction has affected his life.

On December 6th, David Grey-Hammond returns to talk about *Autistic Adults: Substance Abuse Recovery*. David will share with us what his road to recovery has been like.

The final show for 2021 will be on December 20th. The topic is *Autistic Adults: Internet Safety*. My guest is Tas Kronby. How can Autistic Adults be safe on the internet? The internet includes social media. Dating apps. Sales scams. Sexual predators. Autistic discussion groups. The internet has many amazing opportunities and problems for Autistic Adults. Tas Kronby are Autistic neurodivergent members of the disability community. They have a unique combination of diversity and are an advocate for inclusion. Tas will talk with me about how Autistics can use the internet safely.

Plans for the second season for Today’s Autistic Moment in 2022 are underway. If you have a topic suggestion or would like to be a guest, send an email to [PKLowe@todaysautisticmoment.com](mailto:PKLowe@todaysautisticmoment.com).

**Today’s Autistic Community Bulletin Board**

On Tuesday, October 19th from 6:00pm to 7:30pm, there will be a free virtual cooking class with Cookable Kitchen. Join Sam Grover and Kat Olson as they lead a step-by-step online class where participants will make dinner together and socialize. The event is free, but you must register to attend. The event is limited to 20 participants. So, register now. Go to ausm.org to register.

On Tuesday, October 26th from 7-9pm, Zephyr James will be presenting a virtual skillshop. The title is Self-Management and Self-Regulation: The Underpinnings of Emotion Regulation and Executive Functioning.

On Tuesday, November 9th from 7-9pm, Becky Waege and Ali Brickner will present a virtual skillshop about Strategies for Successful Employment.

On December 14th from 7-9pm, Jason Schellack, the executive director of the Autism Advocacy & Law Center, LLC will present a virtual skillshop entitled Guardianship: Do We Need It?

Understanding Autism and Best Strategic Practices virtual classes will be offered on November 15th, 2-4pm and December 13th from 6-8pm.

Registration is open to attend the winter classes for the Autism Support Certification. Classes will be on Saturdays from 9am to 3pm January 15, 22 and 29th 2022.

Go to <ausm.org> to register for any or all of these educational opportunities.

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