



This document provides a curated list of resources for individuals with autism, their families, and caregivers. The resources cover a range of topics, including understanding autism, support services, educational programs, and advocacy organizations.

Books

- *The Adult Autism Assessment Handbook: A Neurodiversity Affirmative Approach*, by Jessica K Doyle, Tara O'Donnell-Killen, Davida Hartman
- *Autism in Heels: The Untold Story of a Female Life on the Spectrum*, by Jennifer Cook
- *Is This Autism? A Guide for Clinicians and Everyone Else*, by Donna Henderson, Jamell White, and Sarah Wayland
- *Is This Autism? A Companion Guide for Diagnosing*, by Donna Henderson, Jamell White, and Sarah Wayland
- *Neurotribes: The legacy of autism and the future of neurodiversity*, by Steve Silberman
- *Recognizing Autism in Women and Girls: When It Has Been Hidden Well*, by Wendela Whitcomb Marsh
- *Unmasking Autism: Discovering the New Faces of Neurodiversity*, by Devon Price
- *Women and Girls on the Autism Spectrum, Second Edition: Understanding Life Experiences from Early Childhood to Old Age*, by Sarah Hendricks
- *The Neurodivergence Skills Workbook for Autism and ADHD: Cultivate Self-Compassion, Live Authentically, and Be Your Own Advocate*, by Jennifer Kemp and Monique Mitchelson
- *Strong Female Character*, by Fern Brady

Resources

Neurodivergent Specialists who also specialize in working with ND clients so it's very helpfully laid out by state so you can find an assessor in your state: www.ndtherapists.com

Blogs to read to understand how to give your Autistic self what you need to thrive: [Blogs](#)

TED talk on the experience of an Autistic adults: [Autism Ted Talk](#)

Website dedicated to adult autistics helping themselves: <https://adaptingtoautism.com/>

Free online book understanding the behaviors of your Autism: [Book: Understanding the Behaviors of Your Autism](#)

A diverse range of resources to explore: [🌐 NeuroPebble | Become Neurodivergent Affirming](#)

Training and other resources available here: [🌐 Neurodivergent Insights](#)

Advocacy Organizations

Advocacy organizations play a vital role in promoting the rights and interests of individuals with autism and their families. Here are a few prominent organizations:

- **The Autism Society:** Advocates for the rights and interests of individuals with autism at the national, state, and local levels.
- **Autistic Self Advocacy Network (ASAN):** A self-advocacy organization run by and for autistic individuals.
- **National Disability Rights Network (NDRN):** Provides legal advocacy and protection for people with disabilities, including autism.
- **TASH:** An international disability advocacy organization that promotes inclusive education, employment, and community living for people with significant disabilities.