

# Resource Recommendations Related to the Autism Spectrum

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The internet is full of information about the Autism Spectrum. It is easy to get overwhelmed when searching for quality information. I have created this document as a means of highlighting resources that I often share with others related to autism.

General Resources:

## **Autism Society of North Carolina**

<http://www.autismsociety-nc.org/>

“ASNC is a statewide organization, supporting North Carolinians affected by autism. Every dollar they raise stays within North Carolina, helping people who live and work in North Carolina communities.”

## **National Autism Center**

[www.nationalautismcenter.org/](http://www.nationalautismcenter.org/)

NAC is a “nonprofit organization dedicated to disseminating evidence-based information about the treatment of autism spectrum disorder (ASD), promoting best practices, and offering comprehensive and reliable resources for families, practitioners, and communities.”

## **National Professional Development Center on Autism Spectrum Disorders**

<http://autismpdc.fpg.unc.edu/evidence-based-practices>

The NPDC was funded by the Office of Special Education Programs, US Dept. of Education from 2007-2014 with a “goal to promote the use of evidence-based practices (EBPs) for children and youth with ASD, birth to 22 years of age.” NDPC has identified 27 EBPs that “have been shown through scientific research to be effective when implemented correctly with students with ASD.” This link leads directly to the evidence-based practices that NPDC has determined. Most of these practices have additional information sheets that describe the intervention in detail.

## **Autism Internet Modules**

<http://www.autisminternetmodules.org/>

Free informational modules on a wide variety of autism-related topics created by the Ohio Center for Autism and Low Incidence. There are modules for basic information on autism as well as for most of the evidence based practices and other emerging interventions. The Autism Internet Modules provide a free way to access information about autism that has been put together by professionals. The primary target for this information are other professionals working with families and individuals (usually children) with autism. In some cases, there is information specific to Ohio residence included in these modules or other information from OCALI. Nevertheless, these modules provide solid information on a wide variety of topics related to autism.

## YouTube Videos and Facebook Resources

1) Amethyst Schaber has a series of videos called “Ask an Autistic.” The topics include:

- What is autism?
- Autistic shutdowns
- Meltdowns
- Autistic burnout
- Why acceptance?
- What are some good therapies for autistic children?
- Neurodiversity
- Functioning labels
- Eye contact
- Stimming
- Scripting
- How to be an ally
- Concerns related to Autism Speaks
- What shouldn't I say to autistic people?
- Biomedical treatments
- Should I stop my child from stimming?
- Echolalia
- Vocal/verbal stimming
- Special interests
- Sensory processing disorder
- Living atypically – “coming out”
- Is autism a disability?
- AAC – alternative & augmentative communication

Access the playlist here:

[https://www.youtube.com/playlist?list=PLAoYMFsyj\\_k1ApNj\\_QUkNgKC1R5F9bVHs](https://www.youtube.com/playlist?list=PLAoYMFsyj_k1ApNj_QUkNgKC1R5F9bVHs)

2) Jackie McMillan is an autistic adult who has a series of videos explaining these common autistic behaviors:

- Pacing, rocking, and flapping
- Rigid routines
- Won't pay attention
- Organizing and lining things up
- Rock, bounce, and swing
- Digestive stink and upset
- Tics, spasms, and seizures
- Sensory sensitivities
- Restricted diets
- Droning and head-banging
- Chewing or sucking constantly or won't wear hats
- Meltdowns
- Hyperactive and running away
- Sleep problems
- Tuning and scripting
- Clean clothes and haircuts

Access the playlist here:

<https://www.youtube.com/playlist?list=PLUzmSPgZwHgB8q2U5MyAOgc7tTIJKuLml>

2) Wolf Dunaway, the “Autistic Werewolf” speaks about his experiences with autism:

<https://www.youtube.com/watch?v=hY4Hu3W5vBs>

Mr. Dunaway is one of the autistic adults featured in the film *Neurotypical*. This film is available for checkout from Parent-to-Parent FSN-High Country or Appalachian State’s library.

4) Some of Karla Fisher’s work

Ms. Fisher is an autistic adult who reaches out to parents with children on the spectrum. She works at Intel and lives near Portland, Oregon

Karla Fisher’s Parent Talk (May 2013)

<https://www.youtube.com/watch?v=tAxcVpTOqUA>

Karla’s ASD Page, <https://www.facebook.com/pages/Karlas-ASD-Page/155369821204141>, is followed by approximately 12,000 people. She provides a series of infographics within the Photos area that depict her thoughts and experiences in visual formats.

Ms. Fisher and Dr. Arnold (of the New Leaves Clinic in Portland, Oregon) gave a talk about self-advocacy and autism, as well as discussion about executive functioning and shut-downs.

<https://www.youtube.com/watch?v=fbnMkKG6qNs>

5) Autism Discussion Page

The Autism Discussion Page by Bill Nasson is followed by 85,000 people. Mr. Nasson is a psychologist who also serves as a coach for a team of adults on the autism spectrum. Because of the extensive number of requests, he has published two books of information that come from his facebook page posts. His page is frequented by many autistic adults and by parents of those on the spectrum who also share their own responses to his posts within the comments. In this way, following his posts and reading comments serves as a connection to the autism and autistic communities.

<https://www.facebook.com/autismdiscussionpage>

## **Blogs**

Below are some of the many autistic bloggers.

*Non-verbal/minimally-verbal:*

Amy Sequenzia <http://nonspeakingautisticspeaking.blogspot.com/>

Phillip Reyes with mom, Lisa -- <http://faithhopeloveautism.blogspot.com/>

Henry -- <https://rosesareredforautism.wordpress.com/>

Paul Kotler - <https://diverseautism.wordpress.com>

*Verbal:*

Lydia Brown -- <http://www.autistichoya.com/>

Nick Walker -- <http://neurocosmopolitanism.com/>

Julia Bascom -- <http://juststimming.wordpress.com/>

Annabelle Listic <http://www.anabellelistic.com/about.html>

Paula C. Durbin-Westby -- <http://autismacceptanceday.blogspot.com/>

### **Where can I find information that....?**

Explains Stimming (repetitive, and rhythmic behavior, like rocking or hand flapping):

[http://www.autismwestmidlands.org.uk/upload/pdf\\_files/1420460949\\_stimming.pdf](http://www.autismwestmidlands.org.uk/upload/pdf_files/1420460949_stimming.pdf)

<https://www.youtube.com/watch?v=MZ8TTogOtCA>

<https://youtu.be/A93ryBqSmDQ?t=1m3s>

<https://youtu.be/SpEm9LstcPQ?t=20s>

Illustrates Sensory Overload:

<https://youtu.be/pIPNhooUUuc>

### **Where Can I Purchase Fidget Tools or Chewable Jewelry?**

Stimtastic –

<http://www.stimtastic.co/>

Fun and Function --

<https://funandfunction.com/>

Peace Weighted Products –  
<http://peaceweightedproducts.com/>