

# I am autistic - what now?

## information for autistic adults

### should I tell people I am autistic?

You might like to spend some time processing the new information you have about yourself before telling others, and start by telling someone that you really trust. You may be excited and want to tell everyone all at once. This is your story and you decide who you invite to hear it. Some people do hold misconceptions about autism, so it could be helpful to think through not only if and how you tell people, but also what specifically you'd like them to know.

### what support is available?

A good support system is important as you process this new information about yourself. There are some great supports and resources online. Many adults newly identified as autistic find that one of the best ways to find support and learn more about autism is by connecting with other autistic adults. The internet is home to many blogs, Facebook groups and pages written by and for autistic adults. You can find some suggestions on our Resources page.

### what information do I need?

Finding out about neurodiversity may be one of the most useful pieces of information to help you to advocate for yourself. Neurodiversity is the idea that neurological differences are a natural and normal variation in the human genome. This means that autism is not a problem to be cured, but a naturally occurring difference. Learning about neurodiversity will help you to advocate for the supports you need to allow you to live your life as you are, as opposed to being coerced to fit into a narrow, neurotypical view of what is "normal." To begin learning about neurodiversity, visit Nick Walker's blog Neurocosmopolitanism.