



THINGS TO KNOW

ABOUT CLEMENTINE AND AUTISM

WHAT DOES IT MEAN?

- Autism spectrum disorder (ASD) is a complex developmental disorder.
- Autism, Asperger's, and high functioning autism can all be used to describe me.
- It only means my brain is wired differently. If most people are like a Windows OS, I'm a Linux distribution.
- It's something I'm very open about and love to discuss with colleagues.

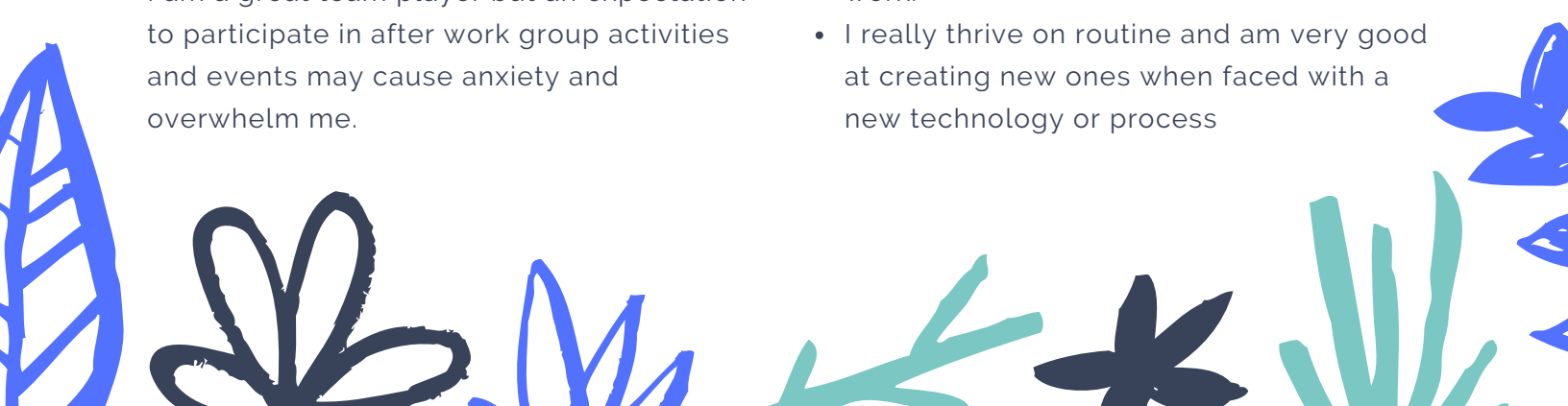
SOCIAL ASPECT

- Eye contact is uncomfortable for me
- I tend to be a literal thinker, There may be challenges with open-ended or vague questions and I tend to be direct when communicating.
- I can't always "read between the lines", better to tell me what to do instead of what not to do.
- Small talk is not very easy for me, and you'll never see me gossip.
- I am a great team player but an expectation to participate in after work group activities and events may cause anxiety and overwhelm me.

GREAT STRENGTHS

- I say what I mean and I do what I say.
- I am an out of the box thinker and very good at identifying change that leads to efficiencies.
- I am very reliable and trustworthy.
- I am highly organized, my brain is always classifying and finding patterns.
- My work motivators are having a purpose, making an impact, and consistent work relationships.

WHAT WORKS BEST

- It's more comfortable for me not to look people in the eye
 - I'm very sensitive to noise and artificial light (my brain can't filter irrelevant sounds out).
 - I work better with written instructions rather than verbal.
 - I have very good communication during work hours but it requires a lot of energy so I need down time at lunch and after work.
 - I really thrive on routine and am very good at creating new ones when faced with a new technology or process
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USEFUL RESOURCES

ABOUT AUTISM

FINDING OUT I'M AUTISTIC AT 30 YEARS OLD

My personal journey, written by me.
<https://code.likeagirl.io/finding-out-im-autistic-at-30-e5754ce9462a>

AUTISM WHAT'S THAT

Amazing lively 5min video explanation of what autism is and what it means to her.
<https://www.youtube.com/watch?v=ZeQxSdEpi7Y>

GUIDE BOOK OF SENSORY WORD TOOLS

Useful terms and their definition.
<https://theautismanthropologist.wordpress.com/tag/social-hangover/>

DIFFERENT FOR GIRLS: UNDERSTANDING AUTISM

The specific challenges of autistic women.
<https://www.theguardian.com/lifeandstyle/2019/apr/28/girls-women-autism-diagnosis-aspbergers>

THE WOMEN WHO DON'T KNOW THEY'RE AUTISTIC

Article and video explaining why autistic women are often overlooked.
<http://theconversation.com/the-women-who-dont-know-theyre-autistic-80991>

ASK AN AUTISTIC – WHAT IS PASSING?

10min video defining passing and its context.
<https://www.youtube.com/watch?v=EsH1fX4MM6o>

