



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

WHAT WORKS BEST

- I work better with written instructions rather than verbal
- I can't always "read between the lines", better to tell me what to do instead of what not to do
- Opting out of after work group activities helps me avoid anxiety and overwhelm
- Having examples or giving me the first step can really help when starting something new or learning a new concept

GREAT STRENGTHS

- I say what I mean and I do what I say
- I have the ability to see and hold the big picture view, while at the same time, notice content at a detailed level and pick up inconsistencies and places for improvement
- I am very reliable and trustworthy
- I am highly organized, my brain is always classifying and finding patterns
- Like a sports car in the right circumstances I am very fast and specialized
- I can easily hyper-focus and combined with my pattern-seeking brain, it means I make sense of chaos

CHARACTERISTICS

- I tend to be a literal thinker, I sometimes have trouble with open-ended or vague questions
- I don't really understand small talk
- My brain likes repetitive things that others may find boring
- I'm very sensitive to artificial light and wear special glasses to help
- I can be sensitive to noise, especially if overwhelmed





USEFUL RESOURCES

INSIDE THE AUTISTIC EXPERIENCE

A glimpse in my personal experience
<https://code.likeagirl.io/inside-the-autistic-experience-8d6eb919770d>

7 THINGS THE AUTISTIC PERSON IN YOUR WORKPLACE NEEDS FROM YOU

How to support autistic people at work
<https://medium.com/@AshleaMcKay/7-things-the-autistic-person-in-your-workplace-needs-from-you-d99d351b543f>

7 STRENGTHS AUTISTIC PEOPLE BRING TO THE WORKPLACE

The less talked about topic of our strengths
<https://medium.com/artfullyautistic/7-strengths-autistic-people-bring-to-the-workplace-f7af1f84fe3d>

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>

AUTISM IS A SPECTRUM DOESN'T MEAN WHAT YOU THINK

Article explaining what the spectrum actually looks like and means
<https://neuroclastic.com/2019/05/04/its-a-spectrum-doesnt-mean-what-you-think/>

7 COOL ASPECTS OF AUTISTIC CULTURE

Less known aspects of being autistic
<https://neuroclastic.com/2019/04/05/7-cool-aspects-of-autistic-culture/>

