

DEFINING AND OBTAINING WELLBEING IN AUTISTIC ADULTS

Milton & Sims 2016

MILTON & SIMS FOUND THAT WELLBEING IN AUTISTIC ADULTS WAS FOUND THROUGH...



BEING PERSONALLY FULFILLED

The factors that personally fulfill individuals are as unique as the individuals themselves. Seven (7) important factors include:

ENGAGING IN YOUR INTERESTS WITH PEOPLE WHO SHARE THEM



RECOGNIZING PERSONAL TRIGGERS AND DEVELOPING COPING STRATEGIES



MUTUAL ACCEPTANCE AND CONNECTION WITH OTHERS



LEARNING TO UNDERSTAND YOUR AUTISTIC SELF



HONOURING YOUR GENDER AND SEXUAL IDENTITY



BUILDING A SUPPORT NETWORK UNIQUE TO YOU- NO MATTER THE SPECIES



BEING ABLE TO SELF ADVOCATE

