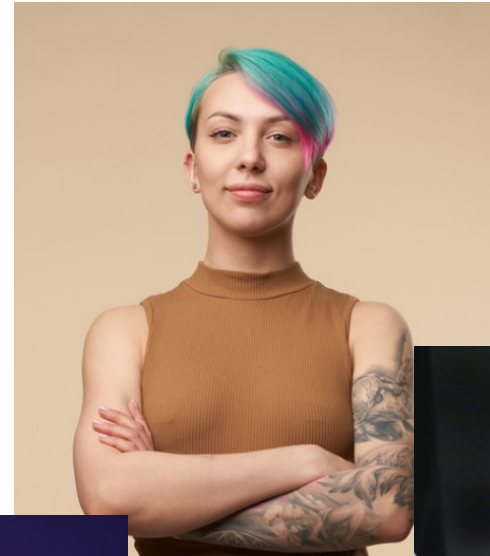


Resources for autistic girls, women, and people with ovaries



© Dr Rachel Moseley,
Principal Academic in Psychology,
Bournemouth University

Disclaimers:

1. Autistic people, including girls and women, come in every shape and size! Some are assigned female at birth but once they can tell us their gender, they could be non-binary, agender, genderfluid or a range of gender-variant identities, or could be trans men. Here, I will focus on girls, women, and people with ovaries (who might have varied genders).
2. Unfortunately, at time of writing (March 2023) there are no autism diagnostic tests that are designed for girls, women or people with marginalised genders or sexes. A few screening tests exist for girls and women, some of which are provided here, but they are not widely used (practitioners will not necessarily be aware of them) and are still quite experimental – i.e. not validated on a grand scale.
3. This is not a definitive list of resources - just my *unofficial* favourites, as an autistic person and researcher in this field.

Disclaimers:



4. Sadly, autistic people become more invisible as they age. There is a lack of research and support specifically tailored for older autistic girls, women and people with ovaries. In places, especially in relation to menopause, the links and resources I have provided are not autism specific. I apologise for this; where I provide non-autism-specific resources, it is because I am unaware of autism-specific ones.

5. I have done my best to screen out any links or resources which use problematic and/or pathologizing language about autism and autistic people. I cannot take responsibility for the content on these links and resources, though, unless they are my own (clearly marked out).

Resources related to autism in girls:

- [M-Q-ASC screening test for girls, and the accompanying scientific report](#)
- Resources from the [Autistic Girls Network](#), including [this amazing leaflet](#). They also have a [Facebook page](#).
- [Autistic Women and Non-binary Network](#) welcome packs
- [The Thinking Person's Guide to Autism](#)
- This [page from the National Autistic Society](#), including explanations of different ways autism presents and recommended books



Resources related to autism in girls:

- [Scottish Women's Autism Network](#) has a wealth of information and resources, including around diagnosis, education and daily wellbeing
- Chris Bonnelo writes for autistic children, teenagers, adults and loved ones, and some [articles](#) focus on supporting young people and building self-worth.
- [Dr Pooky Knightsmith](#) has produced some brilliant resources around helping neurotypical and neurodivergent kids with their mental health. An autistic person who has lived through eating disorders and other mental illnesses, her website is full of great information.



Resources related to autism in women:

- [Screening test for adult women, and accompanying scientific report](#)
- This [page from the National Autistic Society](#), including their 'Now I Know' campaign and 'Stories from the spectrum'.
- BBC article, ['It all made sense when we found out we were autistic'](#) (note problematic language in places)
- [The Thinking Person's Guide to Autism](#)



Resources related to autism in women:

- [Autistic Women and Non-binary Network welcome packs](#)
- [Autistic Self-Advocacy Network](#)
- [Society for Neurodiversity](#)
- Just found out you are autistic? [Chris Bonnelo's articles](#). This one covers the [diagnostic journey](#).



Resources related to being autistic in healthcare settings:

Autistic girls, women and people with ovaries are likely to need more support from healthcare practitioners as they age and go through life transitions like puberty, starting their period, pregnancy, childbirth, menopause and so forth.

Here are some resources to help you advocate for yourself in healthcare settings, and some resources that may be helpful for healthcare practitioners who want to support autistic patients.

Autistic people and their loved ones may find it useful to share these with their healthcare practitioners.



Resources related to being autistic in healthcare settings:

- [AASPIRE Healthcare Toolkit](#)
- [Know your normal toolkit](#)
- [Resources for professionals from Scottish Autism](#)
- [Scottish Women's Autism Network provide advice, training and resources for autistic patients and healthcare professionals](#)
- [Asperger Autism Support Network's advice for professionals](#)



Menstruating, menopause and other reproductive stages: autism-specific resources

- Robyn Steward is an autistic consultant who has written an amazing book about periods. Here are some articles and blogs by Robyn.
- Here are some articles and blogs about autistic experiences of pregnancy and childbirth : 1, 2, 3. There are also some scientific papers.



Menstruating, menopause and other reproductive stages: autism-specific resources

- The brilliant ['From menstruation to menopause'](#) project by Dr Aimee Grant – a collection of videos produced by and for autistic people. At present, the videos cover a wide, wide range of topics around pregnancy, childbirth, breastfeeding and the early stages of parenthood.



Menopause: autism-specific resources

- Our research around autistic menopause is available [here](#), and [here](#)
- Other articles by researchers talking about autistic menopause can be found [here](#), [here](#), [here](#).
- Podcasts where autistic people talk about their experiences of menopause can be found [here](#) and [here](#)
- Results from an ongoing study on autistic menopause, as they become available, can be found [here](#)



- Actually not autism-specific, but will be relevant to many: [podcasts on a range of mental health topics \(including depression, anxiety, eating disorders and suicidality\) during menopause](#)

Menopause: resources from our neuro-kin

ADHD'ers share a lot in common with autistic folk, and often struggle with menopause too. Some autistic people in our research found that menopause brought ADHD features and struggles to the fore.

- Podcasts on ADHD experiences of menopause and late-diagnosis are [here](#), [here](#) and [here](#).
- There are also some great podcasts on the impact of hormones on emotion, thought processes and attention, things that autistic people can also struggle with, [here](#) and [here](#). These cover a range of hormone changes across the lifespan for people with ovaries, including monthly cycles and events like pregnancy.



- Dr Louise Newson developed resources for ADHD'ers going through menopause, which are likely to help autistic people too. Find her work [here](#) and [here](#), though the whole site is full of useful stuff, including an [app](#) and [menopause library](#).

Menopause: resources for people with learning disabilities

- The amazing Dr Louise Newson developed [a guide to menopause](#) specifically for people with learning disabilities
- In [this podcast](#), a woman who identifies as disabled and with learning disabilities discusses her experience through menopause.
- [RockMyMenopause's page](#).



For those navigating a queer or transgender menopause

- For menopausal people who are trans, queer, non-binary or have other intersectional identities, the [Menopause Inclusive Collective](#) has a great list of resources.
- The Diversity Project developed this brilliant [information pack](#).
- An [informative webinar](#) from the International Menopause Society.



Menopause and menstrual disorders resources that *aren't* autism-specific

- Information about [premenstrual dysphoric disorder and other menstrual conditions](#) which are common in neurodivergent folk.
- [Rock my Menopause](#) provides lots of accessible information, [including fact sheets, podcasts and videos](#)
- [Henpicked](#) is another great site for information and stories around menopause. Their [resources](#) include advice about talking to doctors, as well as lots of other content.
- The [Diversity Project's information pack](#) for people experiencing different kinds of menopause, such as medical menopause.



- [Living well through your perimenopause and menopause booklet](#) by Dr Louise Newson

Please see Dr Moseley's website
for these and other resources

www.scienceonthespectrum.net

If you would like to give feedback on this
PDF of resources, please leave a message
on my 'Get in touch' page. I'd love to hear
from you!



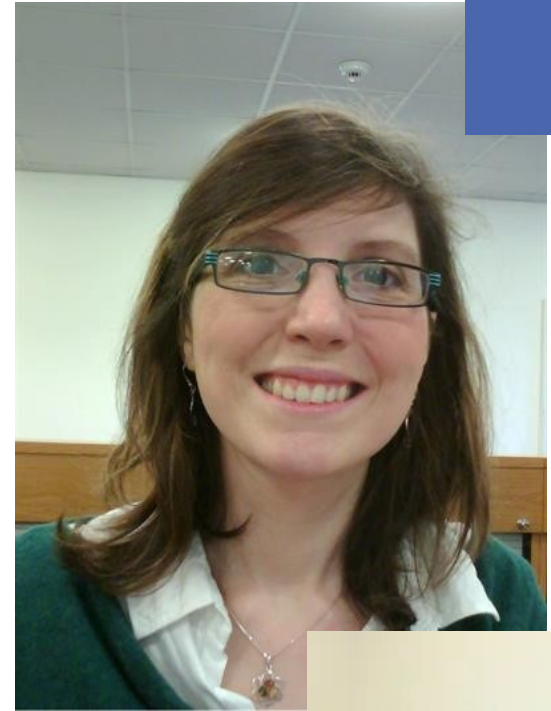
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About me:

I am a principal academic in Psychology (PhD Cognitive Neuroscience), based at Bournemouth University.

With a number of amazing collaborators, I conduct research on issues facing autistic people in adulthood. These include mental health, self-injury and suicidality, but also lifespan transition points like menopause, and other areas. I am also a late-diagnosed autistic person.

Please note that unfortunately, while I am a psychologist, I am not the kind that treats or diagnoses people. While I will always try to share what information and resources I'm aware of, I am afraid that I am not able to provide individual diagnostic assessment or mental health support.



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Institutional page:

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Personal page with accessible versions of my research and resources:

www.scienceonthespectrum.net

