

April 2024



Autism Acceptance Month

Join HFA in recognizing Autism Acceptance Month, a time to focus on celebrating differences and creating opportunities for a culture of inclusivity for individuals with autism spectrum disorder (ASD).

We encourage you to review some facts about autism, learn more, and share the helpful resources below from [AutismandGrief.org](https://www.autismandgrief.org).



Autism Prevalence

The CDC estimates that 1 in 36 children have autism, and males are diagnosed at roughly 4 times the rate of females.

It is also estimated that 5.4M US adults (1 in 45) are autistic, and of those diagnoses, 3.62% are male and 0.86% are females. Symptoms in females can present differently, leading to misdiagnosis.



Learn more from the [CDC's Key Findings](#).

[Learn more](#)

Levels of Autism Diagnosis

Autism is classified by three levels:

1. requires support
2. requires substantial support
3. requires very substantial support

The terms *high-functioning* or *low-functioning autism* are no longer considered acceptable because they can be misleading, due to the complexity of an individual's abilities. *Low support needs* or *high support needs* are acceptable terms.

An autistic adult's level of support needs will affect their ability to earn a living.



Learn more from Very Well Health's article, [10 Things to Know About Autism and Employment](#).

[Learn more](#)

... Speaking of Terminology

Asperger's syndrome is no longer a separate diagnosis in the DSM-5. The symptoms fall within Autism Spectrum Disorder (ASD) Level 1.

Some individuals who received the previous diagnosis still prefer being identified as an *aspie*.

[Click below to learn more from Healthline's article, Understanding Why the Term "Asperger's" is No Longer Used.](#)



[Learn more](#)

Autism and Employment

Many employers have discovered the value of hiring neurodiverse employees, and individuals with autism can contribute greatly in the workplace.

Still, 35% percent of adults with ASD have not had a job or received postgraduate education after leaving high school.

Learn more from Mass General Lurie Center for Autism's article, [30 Facts to Know about Autism Spectrum Disorder](#).

[Learn more](#)

Autism Strengths

There are many strengths that may help autistic adults succeed in the workplace, such as sustained focus, process discipline, quality fixation, pursuit of mastery, and analytical intensity.

Learn more from AutonomyWorks' article, [Professional Strengths of Adults with Autism](#).



[Learn more](#)

Autism Diagnosis as an Adult

Obtaining an autism spectrum diagnosis as an adult can be challenging. Symptoms can be mild and more difficult to recognize than those in children.

Symptoms may include social anxiety, sensory challenges, and inflexibility, which can impact all aspects of life. A diagnosis is an important step

to effective support. A diagnosis is an important step to understanding and effective support.

Click below to learn more from Medical News Today's article, [Everything you need to know about autism in adults.](#)

Learn more

Click below to learn more from Autism Speaks about obtaining a diagnosis.

Learn more

Grief and Loss Resources for Adults with Autism



[Autismandgrief.org](#)

is an online toolkit of autism, grief, and loss resources. The site provides clear, gentle guidance on coping with grief to adults on the spectrum, their families, friends, direct support professionals, and clergy.

AutismandGrief.org is made possible with the generous support of NLM Family Foundation.

Visit [AutismandGrief.org](https://www.autismandgrief.org)

It is such a well-done and much needed set of resources. What a valuable piece of work.

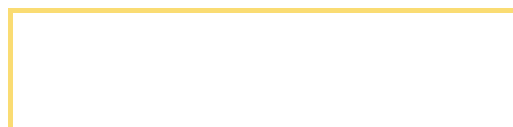
What a wealth of well-put-together information for everyone. Autism is something most people don't understand at all unless they are touched by it personally, so it's a huge contribution to the field!

I love the website! It has great information. Very practical. The family information is great and really practical. I also love the videos embedded throughout.

~ Autismandgrief.org
website visitors

Complimentary Professional Education Programs

[Autismandgrief.org](#) offers two complimentary on-demand programs presented by Hospice Foundation of America. The programs support professionals who serve grieving adults with autism and their families.





The Role of Clergy and Faith Leaders in Supporting Adults with Autism Through Grief and Loss

90 minutes | 1.5 CE hours

Target Audience

Clergy, chaplains, pastoral care professionals, youth ministry leaders, religious educators, and spiritual or faith tradition leaders.

Learn More



Autism and Grief

90 minutes | 1.5 CE hours

Target Audience

Social workers, nurses, paraprofessionals, speech therapists, occupational therapists, and other caring professionals.

Learn More

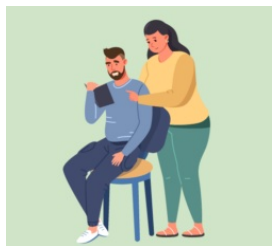
Great material. I didn't know how much I didn't know! Thank you.

Fantastic course!!!! Truly appreciate the scope of real life perspectives from those with autism sharing how they experience grief and the expert panel was fantastic!!

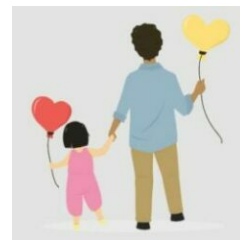
This program was very well done. I have been looking forward to it since ADEC.

~ Autismandgrief.org
CE Attendees

Helpful Resources from AutismandGrief.org



Social Stories



Grief & Children



Professional Help



Videos

Connect with the Autism & Grief Project



Hospice Foundation of America, Inc.
info@autismandgrief.org
www.hospicefoundation.org



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