



FIVE X FIVE

AUTISM : USEFUL STUFF

SOME RESOURCES THAT MIGHT BE USEFUL TO DEVELOP YOUR KNOWLEDGE ABOUT AUTISM

BOOKS



1

Here are some books that have been recommended by many people as a useful resource to understanding autism.

- Spectrum Women by Barb Cook and Dr Michelle Garnett
- A History of Autism by Adam Feinstein
- There's A Problem With Dad by Carlos Alba (novel)
- Neurotribes by Steve Silberman
- Born on a Blue Day: by David Tammet

2

SOCIAL MEDIA

Here are some Instagram accounts that are interesting to follow:

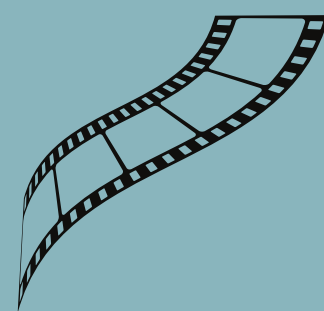
@fidgetsandstims
@auroraautisticconsulting
@neurodivergent_lou
@theautisticlife
@adulthood_with_autism



3

FILMS / TV

Sometimes a film or TV programme about an autistic person can really bring to life their experiences.



- Christine McGuinness - Unmasking my autism
- Chris Packham - Inside our minds
- Snow Cake
- After Thomas
- Ben X

4

VIDEOS

You Tube can be a great resource - if you know what to look for. Here are some ideas.

- Jac den Houting - Why everything you know about autism is wrong
- Wendy Chung - Autism: what we know
- Temple Grandin - The world needs all kinds of minds
- Changes in the concept of autism - Franchesca Happe
- Agony Auty - What is autism to you



5

AUTOBIOGRAPHIES

Often the best way to understand more, is to learn from what autistic people have written about their own experiences.

Nobody Nowhere
The reason I jump
Unmasked
Pretending to be normal
Born on a blue day

Donna Williams
Naoki Higashima
Ellie Middleton
Lianne Holliday Willey
Daniel Tammet

