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HSLIC News - LibGuides at University of New Mexico

Autism Acceptance Month

by Varina Kosovich on April 12th, 2023 | [0 Comments](#)



Many in the Autism Community prefer identity-first language, which places autism as inherent to an individual's identity. Because this community is not a monolith, some folks prefer to use person-first language. Learn more about [language and identity](#) from the Autistic Self Advocacy Network.

April is Autism Acceptance Month. The Autism Society of America changed the language from "Autism Awareness Month" to be more inclusive of the community. The goal is not just for awareness and education but to respect differences and promote progress toward equal rights and access to resources.

According to the [Autism Society](#), "Autism Spectrum Disorder (ASD) is a complex, lifelong developmental condition that typically appears during early childhood and can impact a person's social skills, communication, relationships, and self-regulation." Though autism may be apparent in early childhood, some folks are not diagnosed until they are adults.

Autism is a spectrum, and everyone's experiences are different. Artist Olivia August Nied writes, "Autistic struggles are often discussed, but rarely do I see a lot of discussions about autistic joy. For

me, autistic joy comes out in playfulness. I play with makeup, I create characters, and I walk about this weird world as those characters [...].” Learn more about individual experiences with autism with these first-person narratives: [AANE First Person Accounts](#) and [The Autism Program Resource List](#)

Here are some resources available if you are student, staff, or faculty at UNM:

[Autism Goes to College](#): available through the Health Sciences Library, this documentary follows five students on the autism spectrum as they navigate attending college.

[Wellness Room](#): Located on the third floor of the Health Sciences Library, this quiet space has low lighting/soft lighting options, relaxing sound machines, fidget toys, a weighted blanket and plush, and a place to lay down. No reservation is required. (Directions: enter the library and use the stairs or elevator to go up one floor. Turn right at the top of the stairs/off the elevator and go straight past the long tables and pod seating. The Wellness Room is on the right with the frosted sliding door).

[UNM Accessibility Resource Center \(ARC\)](#): find information about accommodations and support for your journey at UNM. Also includes resources for faculty about best practices to support students.

There are also many resources available for both self-advocacy and for those who would like to learn more about how to support the Autism Community.

[New Mexico Autism Society](#): local resources including a provider list and local events.

[New Mexico Center for Self Advocacy Program](#): this program’s mission is to build and refine leadership abilities in people with diverse disabilities by providing learning opportunities, resources, and hands-on experiences

[Autistic Self Advocacy Network](#): nonprofit organization run by and for autistic people. Find a resource library, action center initiatives, and way to get involved.

[Books from the Neurodiversity Network](#): a book list with titles about autism, neurodiversity, employment, and guides.

[Asperger/Autism Network](#): provides individuals, families, and professionals with information, education, community, support, and advocacy.

[Why Not to Donate to Autism Speaks](#): discusses the problematic organization and provides alternative organizations to donate to. Flyer from the Autistic Self Advocacy Network.

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