



Embracing Autism: After-Diagnosis Leaflet for Adults



<https://adhdandautism.org/>

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This leaflet was created by the Adult Team at CAAS, with input from neurodivergent adults and staff. It aims to provide inclusive, helpful information based on over 25 years of experience and community insight. We hope that this is helpful for those who want to know about the autism diagnosis process and what it might mean for them.

After Diagnosis - Next Steps

There is no 'right' way to respond after receiving a diagnosis. Some people continue as they were. Others begin learning, making changes, or sharing their diagnosis. Some dive into everything: connecting with community, exploring resources, and embracing their identity.

There's no right or wrong approach. Do what feels right for you. You might find it helpful to connect with other autistic people, join a CAAS group, or explore neurodivergent-led resources.

Whatever path you take, we hope it leads to understanding, acceptance, and pride. Your experience is valid, and you are not alone.

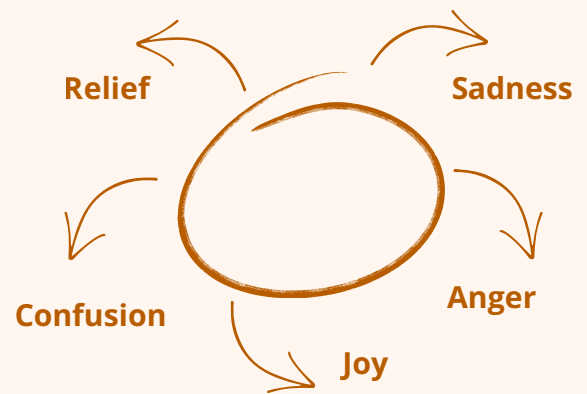
"I was relieved and grateful to finally receive my diagnosis. It brought validation, but also an emotional reckoning no one warns you about."
- Charlotte

You can read more personal stories on how people found the assessment process on our website: adhdandautism.org/get-involved/your-stories/

Feelings after diagnosis

Receiving an autism diagnosis can bring a mix of emotions. People have shared with us that they feel:

Many people describe it as a "journey of self-discovery" with ups and downs. **There's no "right" way to feel.** Some people feel joy. Others tell us they feel grief. Many feel both - sometimes at the same time. That mix is okay. Your reaction is valid, and it may change over time.



If you would like to explore & understand what autism means for you, and help you process how you are feeling on your journey, we offer a **6-week course created and delivered by autistic people.** **Embracing Autism** is a space to learn about autism, explore coping strategies, and hear other autistic people's experiences. Email adults@adhdandautism.org to register your interest.

Do I share my diagnosis with others?

Telling someone about your diagnosis is a personal choice. There are benefits, like helping others understand you better, getting reasonable adjustments and supporting your journey to self-acceptance.

Some people have shared with us that not everyone may fully understand the diagnosis, which means they might not know how to respond.

Sharing a diagnosis can be a meaningful step. Think about who you'd like to tell, whether it's a friend, your partner, a family member, your boss, or someone else, and what you want them to know. Consider why you want to share it, whether it's to seek support, understanding, or simply to be open. It can also help to think about what you'd like from them in return - do you want them to listen, offer help, or keep it private?

People may ask questions and this could be because they are trying to understand, but you don't have to answer anything you're not comfortable with. If someone close to you would like to find out more about autism, they can come to our **Insights for Supporters workshops**, which provides information about how autism may present, and how they can support you.

What support can I receive at CAAS?

Scan the QR code or visit our website to find out more about our groups and



explore our resource board detailing external support around the local area.



Courses

Our 6-week Embracing Autism course is designed to help newly diagnosed autistic people explore what autism means for them in a supportive, neuro-affirming space.

Social Groups

Relaxed spaces to connect, chat, and share experiences with other neurodivergent people such as our showcasing, film and gaming group.

Workshops

Sessions such as our help with personal independence payment (PIP) workshops & sensory workshops.

Personalised Task Support

Practical, goal-focused support for things like filling out forms, navigating systems, or accessing services. Please note CAAS is not a therapeutic or mental health service.



“Receiving my diagnoses in adulthood didn’t change who I am, but it changed how I understand myself. And in that understanding, I found the courage to make choices that align with my authentic self.”

- Anonymous