

## 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/](https://adhdandautism.org/get-involved/your-stories/)

## Find us @ADHDandAutism



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. Our goal is to support, inform, and empower autistic and ADHD individuals, their families, and the wider community - while working to challenge stigma and remove barriers.

We recognise that language and views in the neurodivergent community are always evolving and aim to reflect that with respect and care.

Note: This booklet was written in June 2025. We try to ensure that the information we provide is accurate at the time of publishing, but some individuals may prefer different language, and language may also have changed since this date, so we are aware this booklet may not be in keeping with these preferences and changes.



## Embracing Autism: After-Diagnosis Leaflet for Adults



<https://adhdandautism.org/>



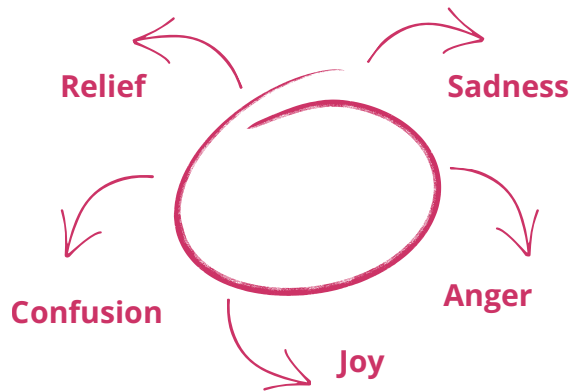
2nd Floor, Television House,  
269 Field End Road,  
Eastcote, HA4 9XA  
Tel: 020 4568 4629

Charity Registration No. 1193799

Please open me up for more information

## 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](mailto: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?

### 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.

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.



# How might autism present?

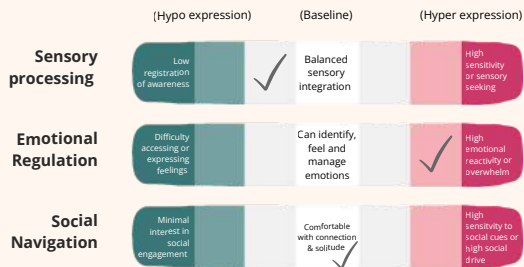
Autism is a lifelong neurodevelopmental condition, sometimes referred to as a neurodevelopmental difference that affects how people communicate, interact, and experience the world.

Every autistic person has a unique profile of strengths and needs - there is no single 'type of autism' or 'way of being autistic'.

## EXAMPLE:

This handout helps you reflect on where you sit across a range of typical behaviours and traits. Everyone has a unique mix, and this tool can support self-understanding.

You may find it helpful to bring it to your GP appointment to guide the conversation.



What environment is this for?

Home

- **Hypo = experience to a lesser degree / less sensitivity**
- **Hyper = experience to a greater degree / greater sensitivity**

If you are wondering what other words mean, have a look at our glossary via the QR code.



# What does it look like for me?

Think about the environment or situation you are filling this handout out for (e.g. work, family, home etc.) and write it down in the space provided. Then, for each item, tick the box that best represents where you 'sit' on the scale.

**DISCLAIMER:** This is a general reflection tool for everyone. It is not diagnostic or specific to any condition like autism or ADHD.

What environment is this for? \_\_\_\_\_

