

# Understanding My Autism Diagnosis

Understanding your autism diagnosis may take some time to process it.



## Here are some steps that can help:



### Give yourself time

- ← It's normal to have mixed emotions, such as relief, uncertainty, or validation.
- ← Take some time to think through your feelings before looking for explanations.



### Learn about autism

- ← Read books, articles, or watch videos created by autistic individuals or professionals.
- ← Looking at this material can give you a greater understanding of autism.



### Explore support

- ← Connect with the autistic community (local meet-up groups, online forums, social media)
- ← Talking with others with similar experiences.
- ← Explore support services that may be available to you with your diagnosis (case management services, job coaching services)



### Seeking professional guidance

- ← If you need help understanding your diagnosis, meeting with a therapist or medical professional that specialized in autism can be helpful.
- ← Joining a peer support group for autistic individuals to discuss shared experiences.



### Self-Acceptance

- ← Your diagnosis doesn't change who you are, it helps you understand yourself better.
- ← Celebrate your strengths and be kind when facing challenges.



Pennsylvania's leading source of autism-related resources and information  
877-231-4244

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