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April 1, 2021

Prospectives on Health and Well Being

Well-Being Definition and Categories

- **Well-being** can be described as judging life positively and feeling good.
  - Physical well-being.
  - Economic well-being.
  - Social well-being.
  - Emotional well-being.
  - Psychological well-being.
  - https://www.cdc.gov/hrqol/wellbeing.htm

Health Defined

- **Health** is more than the absence of disease; it is a resource that allows people to realize their aspirations, satisfy their needs and to cope with the environment in order to live a long, productive, and fruitful life.
- Health enables social, economic and personal development fundamental to well-being.

Six Issues:
Autism and Well Being

1. Low Participation in education beyond high school
2. High rates of unemployment or under-employment
3. High rate of living with family
4. Low rate of maintaining friendships
5. High rates of medical comorbidities
6. Low rates of obtaining a driver's license

https://educateddriver.org/autism-and-driving/

https://www.cdc.gov/ncbddd/autism/autism-spectrum-disorder-in-teenagers-adults.html

Low Education

- Low Participation in education beyond high school
  - Select a college that deals well with students with Autism
  - Extended time on tests
  - One on one sessions with professors
  - Supplemental notes from peers or professors
  - Proofreading at writing center
  - Priority scheduling
  - Distraction free environment for tests

High Unemployment

- High rates of unemployment or under-employment
  - Access PA State employment services that address specific challenges faced by adults with autism in the workplace.
  - Research job opportunities in your field
  - Obtain the services from a job coach
  - Create opportunities for dialogue with potential employers about the benefits of hiring individuals with autism.

Family

- High rates of living with family
  - Offer to contribute to household
  - Family needs to prioritize estate planning
  - Be willing to compromise
  - Balance time with family and times when I like to keep to myself

Friends

- Low rate of maintaining friendships
  - Prioritize quality versus quantity of friendships
  - I found it easier to be friends with adults over children
  - Easier time making friends with others with Autism or related disorder
  - Hard time keeping up with a relationship (girlfriend)
  - Strong tendency to be bullied, betrayed and stood up by friends

Medical Comorbidities

- High rates of medical comorbidities?
  - Dysgraphia (Poor handwriting, but good typing-good speed poor accuracy)
  - Hyperlexia (Strong reading skills, relatively poor social skills reading comprehension w/o cues)
  - Dysprexia (poor hand eye coordination)
  - Procto Colitis (inflammation of colon)

Driving an Automobile

- Should people with Autism get a driver's license?
  - Reason for a license
    - Independence
    - Transportation needs
  - Drive with caution-Limitations:
    - Reaction Time
    - Driving with passengers (Distractions)
    - Inadequate in interpreting distances
  - Fear that most parents and community have is that people with Autism cause accidents

Summary of Ways to Improve Well-Being

- Autism can be thought of as a special gift and not a disability (neuro-diversity)
- Ability to avoid peer pressure in teens
- Ability to point out things that people may overlook
- Ability not to judge people by first impressions
- Ability to strive to do the absolute best as possible despite some flaws (it is okay to be wrong just remember to be a lifelong learner)
- Ability to become a self advocate
- Ability to educate and inspire others about going to college or seek employment with a "disability"