

**Information & Inspiration:
An online approach to supporting
healthy lifestyles for women and
girls**

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Background

- Core programmes established in 2013
- 1252 users to January 2017
- Autism Insight Seminar Series

Gathering evidence, identifying needs

Underpinning:

- facilitating + listening to authentic voices
- lived experience
- practical application/outcomes orientated

Gathering evidence, identifying needs

Methods - mixed

1. Online survey: quantitative (demographics, diagnosis etc) + multiple choice + open-ended/self report
2. Focus groups women, mothers, young people, recorded + transcribed
3. Interviews practitioners, academics, autistic women, filmed verbatim

Data quantitative, rich text, ethnographic **Analysis** quantitative + thematic

Outcomes online resource; signposts

Dissemination online resource, presentations, papers

Gathering evidence, identifying needs

Areas of need identified:

- Diagnosis
- Education (school and post school)
- Employment
- Parenting/motherhood
- Health and wellbeing incl. mental health, pregnancy/childbirth
- Leisure
- Getting older

Outcomes

online resource



Presentations/training

Future directions

- review and assessment
- ongoing data collection
- expansion and development

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Personal Experience

Introductory Material

- Start Here - Video Viewing Tips
- Catriona Stewart presents on Women, Girls and the Autism Spectrum
- Jacqui Ashton Smith with Charlene Tait on Autism in Women and Girls
- Richard Mills with Charlene Tait on Autism in Pink
- Richard Mills presents on Autism in Pink

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Demonstration of Bra Fitting

Comments

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Comments

Very easy to listen to, both speakers easily understood, coherent, present ideas well. 

Talks about having to fit in if we want what the nonautistic world has to offer, not good message to push. 

This is just one person's  opinion and it is important to remember everyone is unique so not everything you hear will apply to you now or in the future but we believe that women sharing their stories offers a source of inspiration and information for other women.

Update

- » **353 registrations @ January 2017**
- » **Increasing practical resources**
- » **International interest in our programme**