Rachel Winder – Written Evidence (AAC0100)

Question: What are the main problems with public understanding and acceptance of autistic people?
b) What is going well?
c) How can public understanding and acceptance of autistic people be improved?

My response: (Rachel Winder - Auticulate)

☐ Society as a whole needs to understand that all Autistic people are human, but not all humans are Autistic. This means that we are not all a little bit Autistic - we just share human characteristics.

☐ Non-autistic people need to be educated, from a young age, that their neurology is not uniformly consistent throughout the human race - other neurotypes exist.
☐ All humans should learn about those neurological differences so those differences are not left to instil fear leading to 'us and them' attitudes towards differences.

☐ "Autism + Environment = Outcome" (Beardon, 2017. Page 11).
☐ Just as a gardener looks to change the environment to help their plants grow, we should apply the same logic to humans.
☐ No more pathologising neurodivergence. Embrace neurodivergent characteristics as natural human differences.
☐ Without Autistic pattern spotting, World War 2 would have ended very differently (code breaking).

☐ Put a stop to people making money from demonising Autism and falsely advising and inviting caregivers to feel guilt so they pay out for so-called 'cures'.

☐ Things are improving but the stereotypes and ableism are still rife, and even though ableism, like racism, is illegal, too many still see disability as a slur, an excuse to allow poor treatment of us - I have lived experience of this and I am happy to speak more on this. Thank you.