

1

00:00:00,266 --> 00:00:00,500

Hello!

2

00:00:00,500 --> 00:00:04,003

Hi and welcome to Skipping the Small
Talk with Empower Autism,

3

00:00:04,003 --> 00:00:07,006

a podcast where we discuss everyday
experiences, autism-affirming advice and

4

00:00:07,740 --> 00:00:08,340

more.

5

00:00:08,340 --> 00:00:12,144

My name is Riley,
and I'm here again with Miah and Kaiya.

6

00:00:13,044 --> 00:00:16,047

Hello.

7

00:00:17,615 --> 00:00:18,182

Hello.

8

00:00:18,182 --> 00:00:21,318

Do we want to reintroduce ourselves
for anyone who missed your last episode?

9

00:00:21,318 --> 00:00:23,720

Yes, of course. This is Miah.

10

00:00:23,720 --> 00:00:26,756

Pronouns. All of them today.

11

00:00:26,756 --> 00:00:31,160

And they are my beautiful older sibling.

12

00:00:32,461 --> 00:00:33,863

Your turn Miah.

13

00:00:33,863 --> 00:00:37,533

Yeah, we know each other
primarily from Dungeons and Dragons.

14

00:00:37,699 --> 00:00:37,733

Dungeons and Dragons!

15

00:00:37,733 --> 00:00:40,702

Also technically high school-

16

00:00:40,702 --> 00:00:42,704

But Dungeons and Dragons.

17

00:00:42,704 --> 00:00:45,006

That's more important than high school.

18

00:00:45,006 --> 00:00:48,342

We were discussing many topics
that we could cover in this episode.

19

00:00:48,342 --> 00:00:49,977

Speaking of high school.

20

00:00:49,977 --> 00:00:53,246

Yeah, because we got a lot of thoughts
about that.

21

00:00:53,947 --> 00:00:56,116

A lot of thoughts about a lot of things.
Turns out.

22

00:00:56,116 --> 00:00:59,485

So we thought we were just going
to discuss the transition

23

00:00:59,719 --> 00:01:02,588

sort of from high school
into adulthood more generally,

24

00:01:02,588 --> 00:01:07,192

and touch a few different areas of that
from our own personal experiences.

25

00:01:07,225 --> 00:01:07,826

Yeah.

26

00:01:08,860 --> 00:01:11,696

Because

transitioning from being a teenager

27

00:01:11,696 --> 00:01:15,399

to being an adult, particularly
as an Autistic person, is really hard.

28

00:01:15,599 --> 00:01:21,705

And I mean not to like,
be cliché or anything, but they don't.

29

00:01:21,705 --> 00:01:23,073

teach you it in school. Nope.

30

00:01:23,073 --> 00:01:24,541

They don't teach you how to be an adult.

31

00:01:24,541 --> 00:01:27,543

And some of it's really quite hard.

32

00:01:27,643 --> 00:01:31,580

When it comes to the transition
from youth,

33

00:01:31,647 --> 00:01:34,616

if you will, into adulthood.

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00:01:35,183 --> 00:01:40,521

Primarily with university,
I know a lot of people tend to crash out

35

00:01:40,521 --> 00:01:44,124

and burn if they're on the spectrum,
when they reach that point.

36

00:01:44,124 --> 00:01:47,628

I think it was primarily
the case for both of us.

37

00:01:47,794 --> 00:01:50,864

But I'll talk on my behalf.

38

00:01:52,265 --> 00:01:52,465

No, yeah.

39

00:01:52,465 --> 00:01:57,136

I think during my time in university
it fine.

40

00:01:57,136 --> 00:02:02,874

I struggled alot not being under
the routine that high school brought me,

41

00:02:03,108 --> 00:02:08,446

as well as, like, again,
forced environments with other people.

42

00:02:09,747 --> 00:02:11,315

Where, you know,

43

00:02:11,315 --> 00:02:14,852

your whole grade was aroughly around
like, 100 to 200 people.

44

00:02:14,852 --> 00:02:16,553

Everyone knew each other.

45

00:02:16,553 --> 00:02:20,156

And now I'm at university
with, like, people

46

00:02:20,190 --> 00:02:23,960

twice my age doing the same degree as me,
struggling

47

00:02:23,993 --> 00:02:27,663

to make relationships that weren't

48

00:02:27,996 --> 00:02:30,732

previously because of high school.

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00:02:30,732 --> 00:02:33,735

No yeah, I struggled to make new friends.

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00:02:34,569 --> 00:02:37,071

It was a really overwhelming space,

I think.

51

00:02:37,071 --> 00:02:38,673

Yeah, for me, and I thought I'd thrive.

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00:02:38,673 --> 00:02:40,641

Previously,

I thought I'd thrive in university.

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00:02:40,641 --> 00:02:41,842

I thought I'd do so well.

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00:02:41,842 --> 00:02:45,312

I've always consider myself
a very hyper independent person,

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00:02:45,745 --> 00:02:47,714

so I thought university
would be it for me.

56

00:02:47,714 --> 00:02:51,317

Turns out, kids, please

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00:02:51,350 --> 00:02:54,753

be medicated when you go to university.

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00:02:54,787 --> 00:02:56,021

If you feel like you need.

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00:02:56,021 --> 00:02:58,190

If you feel like you need it. Of course.

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00:02:58,190 --> 00:03:00,959

I felt like I was in desperate need

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00:03:00,959 --> 00:03:05,930

of a diagnosis, medication -

and I did not have access to that.

62

00:03:06,097 --> 00:03:08,499

I think in high school, I was.

63

00:03:08,499 --> 00:03:11,268

I tried speaking out

about potentially even,

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00:03:11,268 --> 00:03:14,671

like, having ADHD,

and that was immediately denied.

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00:03:14,671 --> 00:03:18,708

And I just think that help earlier

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00:03:18,741 --> 00:03:21,810

would have helped me
so much in that process.

67

00:03:21,911 --> 00:03:23,846

There's also nothing of forcing you to go.

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00:03:23,846 --> 00:03:26,348

In high school
you have to go to your classes.

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00:03:26,348 --> 00:03:29,184

Like either parents are making you,
or you're already there.

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00:03:29,184 --> 00:03:31,052

And you just have to go to your classes.

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00:03:31,052 --> 00:03:33,254

If you don't, you get in trouble.

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00:03:33,254 --> 00:03:35,289

In university- You're paying for it.

73

00:03:35,289 --> 00:03:36,223

-you're paying for it.

74

00:03:36,223 --> 00:03:40,861

You're at the hold of your own reins and
what I learned is that I should not be.

75

00:03:41,061 --> 00:03:44,731

I quickly steered
and went straight off the cliff.

76

00:03:44,764 --> 00:03:45,231

Yeah.

77

00:03:45,231 --> 00:03:48,734

Because as soon as I was in control
of my own schedule and

78

00:03:49,301 --> 00:03:51,370

had to incentivise myself
and motivate myself

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00:03:51,370 --> 00:03:53,672

to actually go and do things,
I didn't do it. Yeah.

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00:03:53,672 --> 00:03:56,107

I did not go to my classes
as much as I should.

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00:03:56,107 --> 00:03:59,310

I did not fucking pay attention
to my lectures as much as I should.

82

00:03:59,310 --> 00:04:03,414

And I quickly found that
when I lost the structure

83

00:04:03,414 --> 00:04:08,452

that high school gave me and all that
motivation, I had really intense burnout

84

00:04:08,485 --> 00:04:11,488

and then I just stopped handing stuff in.

85

00:04:11,588 --> 00:04:13,489

I stopped going at all.

86

00:04:13,489 --> 00:04:17,626

I stopped doing anything related to uni,
and I got such a- it was weird

87

00:04:17,626 --> 00:04:23,031

choice paralysis where I got so anxious
and paralysed by all of what I felt

88

00:04:23,465 --> 00:04:26,000

was an overwhelming amount
I had to do, that I

89

00:04:26,000 --> 00:04:28,869

then just became apathetic to it
entirely. Yeah.

90

00:04:28,869 --> 00:04:31,372

And so I didn't do anything,
and it was just like such a quick crash

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00:04:31,372 --> 00:04:34,508

and burn, even though I was
on paper, shown to be a very

92

00:04:35,709 --> 00:04:38,711

excelling student in high school.

93

00:04:39,212 --> 00:04:42,215

And I think that was surprising

94

00:04:43,015 --> 00:04:46,452

because I was seen

as like a smart kid in high school.

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00:04:46,485 --> 00:04:49,488

So the idea that I could crash and burn

so quick- as soon as I got to university-

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00:04:49,821 --> 00:04:52,924

-I wasn't expecting it.

97

00:04:52,991 --> 00:04:53,391

Yeah.

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00:04:53,391 --> 00:04:59,029

I had so much of my identity and

self-worth linked to my academic success.

99

00:04:59,029 --> 00:05:00,431

And then as soon as that started
crumbling,

100

00:05:00,431 --> 00:05:04,501

I was like, “what the freak do I do
now?” Yeah, it's really hard when-

101

00:05:04,568 --> 00:05:07,937

because I also did well in high school,
I did well with the structure

102

00:05:07,937 --> 00:05:11,207

and everything, and I didn't really have
to try too much for it.

103

00:05:11,240 --> 00:05:12,308

Yes. Me too.

104

00:05:12,308 --> 00:05:15,310

And then going into university,
you have to maintain your own structure.

105

00:05:15,310 --> 00:05:16,411

You have to be responsible for that.

106

00:05:16,411 --> 00:05:19,414

You have to get yourself to the
university, which is, a lot of the time,

107

00:05:19,481 --> 00:05:22,417

a lot further away
than high school would have been.

108

00:05:22,417 --> 00:05:23,184

And then,

109

00:05:24,285 --> 00:05:27,087

yeah,

it's too many things for me to control.

110

00:05:27,087 --> 00:05:29,256

And I got really overwhelmed. Yes.

Yeah me too.

111

00:05:29,256 --> 00:05:33,860

And having to, like, understand
the academics has been such

112

00:05:33,893 --> 00:05:37,430

a big part of who I am,
and I'm doing really bad at it.

113

00:05:37,463 --> 00:05:37,964

Yeah.

114

00:05:37,964 --> 00:05:41,400

I've never had to reach out for help
beforel.

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00:05:41,400 --> 00:05:42,701

I don't know how to do that.

116

00:05:42,701 --> 00:05:44,369

Other people aren't believing me

117

00:05:44,369 --> 00:05:48,807

when I'm saying that I'm not doing well

because, like- You've only ever done well.

118

00:05:48,907 --> 00:05:50,942

Yeah, I'd only ever done

well up until that point.

119

00:05:50,942 --> 00:05:52,810

And then even when I

120

00:05:52,810 --> 00:05:55,813

started struggling in the university,

it was more of an internal thing.

121

00:05:55,813 --> 00:05:56,213

Yes. Yeah.

122

00:05:56,213 --> 00:05:59,483

I was handing stuff in
and getting good grades,

123

00:05:59,616 --> 00:06:02,619

but I was really,
really stressed out about it.

124

00:06:02,685 --> 00:06:03,419

Yeah.

125

00:06:03,419 --> 00:06:08,057

Like in my mind, I-

126

00:06:08,424 --> 00:06:11,727

I'm really bad at like conceptualising

time and deadlines and stuff. Yes.

127

00:06:11,727 --> 00:06:13,295

So I was doing things super, super

128

00:06:13,295 --> 00:06:16,965

before the deadline and feeling

like I had to do everything all at once.

129

00:06:17,232 --> 00:06:20,568

That is a common thing, that I saw

130

00:06:21,869 --> 00:06:24,271

some sort of academic or psychiatrist

talk about,

131

00:06:24,271 --> 00:06:27,240

that is really common

with people who were high excelling,

132

00:06:27,307 --> 00:06:30,410

neurodivergent people

throughout primary school and high school

133

00:06:30,543 --> 00:06:33,546

that they become reliant on a sort of

134

00:06:33,546 --> 00:06:36,549

stress release, like

135

00:06:36,615 --> 00:06:41,086

crunch time, because if they're smart,
they can just kind of push through easily.

136

00:06:41,086 --> 00:06:43,188

And they- sorry.

137

00:06:43,188 --> 00:06:45,623

Sorry, I like holding it too.

138

00:06:45,623 --> 00:06:47,225

So sorry. I'm sorry,
I have to hold it though.

139

00:06:47,225 --> 00:06:48,793

Oh, okay.

140

00:06:48,793 --> 00:06:53,764

That they become reliant
on having that last minute deadline

141

00:06:54,898 --> 00:06:59,736

to like, sort of trigger
that response to do things

142

00:06:59,736 --> 00:07:02,271

in that sudden rush
and they become so reliant on it

143

00:07:02,271 --> 00:07:04,807

that when you get to tertiary education

where there's so much content,

144

00:07:04,807 --> 00:07:08,543

you cannot feasibly do that they start
to struggle and really burn out,

145

00:07:08,577 --> 00:07:11,346

because it's like that same response
that you had that always just kind of

146

00:07:11,346 --> 00:07:15,249

got you through, is now failing you,
and you don't have any other way to cope

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00:07:15,249 --> 00:07:16,017

with it. Yeah.

148

00:07:16,017 --> 00:07:19,219

Because that's all you've taught yourself
how to to manage it.

149

00:07:19,253 --> 00:07:21,588

Yeah. Sort of studying and workloads.

150

00:07:21,588 --> 00:07:23,056

And that's what I dealt with.

151

00:07:23,056 --> 00:07:26,559

And I was like, “oh,
maybe I'm Autistic.” “Wow.”

152

00:07:26,559 --> 00:07:30,696

Yeah, so you started university.

153

00:07:31,130 --> 00:07:32,464

You- Crashed and burned.

154

00:07:32,464 --> 00:07:33,799

-crashed and burned.

155

00:07:33,799 --> 00:07:36,468

Left university.

Yeah I took a leave of absence. I'm

156

00:07:36,468 --> 00:07:38,303

technically still

enrolled, it's just like

157

00:07:39,304 --> 00:07:39,971

a prolonged

158

00:07:39,971 --> 00:07:42,974

break to sort diagnosis and stuff out.

159

00:07:43,007 --> 00:07:44,408

And then I got diagnosed.

160

00:07:44,408 --> 00:07:47,411

Yeah. How is the break going? Bad.

161

00:07:47,544 --> 00:07:48,212

Yeah- [Kaiya and Riley laugh].

162

00:07:48,212 --> 00:07:54,450

Turns out nothing works for me
or any person who's Autistic.

163

00:07:54,484 --> 00:07:56,285

Everything is built against you.

164

00:07:56,285 --> 00:07:57,887

And everything is so hard to enter.

165

00:07:57,887 --> 00:07:59,088

And then you have to wait.

166

00:07:59,088 --> 00:08:00,923

And then

167

00:08:00,923 --> 00:08:03,925

it's so inconvenient and convoluted

168

00:08:03,925 --> 00:08:07,162

for no reason

other than just bureaucratic nonsense.

169

00:08:07,429 --> 00:08:11,365

And then it makes it so, like,

demotivating that I just don't wanna.

170

00:08:11,465 --> 00:08:12,400

I don't want to do it.

171

00:08:12,400 --> 00:08:16,103

It's really hard

to find those supports in the first place.

172

00:08:16,103 --> 00:08:20,006

And then when they put up extra barriers-

they're like, "hey, we're actually going

173

00:08:20,006 --> 00:08:21,307

to make it really hard.” Yeah.

174

00:08:21,307 --> 00:08:24,110

“Even though we know you're struggling
with these things, we're going to make it

175

00:08:24,110 --> 00:08:25,278

extra hard,” [groans].

176

00:08:25,278 --> 00:08:28,647

A lot of the time too, to get access
to things to lead to accessibility

177

00:08:29,181 --> 00:08:30,849

and community, you need to pay money.

178

00:08:30,849 --> 00:08:33,552

But to get the things to get you
the money,

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00:08:33,552 --> 00:08:34,919

you have to have money to get them.

180

00:08:34,919 --> 00:08:37,555

So if I want to diagnose

so I can get money from a disability

181

00:08:37,555 --> 00:08:39,457

pension,

I have to pay money for a diagnosis.

182

00:08:39,457 --> 00:08:44,128

And so it's just like, "at what point

can I actually enter this terrible cycle?

183

00:08:44,661 --> 00:08:47,564

Because every barrier is shut." Yeah.

184

00:08:49,599 --> 00:08:50,533

What's your experience Kaiya?

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00:08:50,533 --> 00:08:56,238

I think in a similar vein to Miah,

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00:08:57,639 --> 00:09:00,809

it feels tricky entering that cycle.

187

00:09:00,809 --> 00:09:03,578

Because I'm in the process
of getting diagnosed.

188

00:09:03,578 --> 00:09:07,248

And there is at the moment,

189

00:09:07,581 --> 00:09:13,420

for me at least, financially,
as well as actually at present.

190

00:09:13,420 --> 00:09:19,525

a high lack of psychologists
that are able to take patients.

191

00:09:19,792 --> 00:09:21,294

The waitlist is so long.

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00:09:21,294 --> 00:09:26,098

Waitlists are really- it's super-

193

00:09:27,399 --> 00:09:30,568

not debilitating

but just generally unmotivating

194

00:09:30,568 --> 00:09:34,739

seeing the wait times and not-

I think it's

195

00:09:34,739 --> 00:09:38,509

okay to say debilitating,

because I find it debilitating.

196

00:09:38,542 --> 00:09:41,978

Like seeing the wait times and knowing
that I might not get a diagnosis again

197

00:09:41,978 --> 00:09:45,215

for like another six months,
even though I applied six months ago.

198

00:09:45,248 --> 00:09:47,450

Yeah. No. Yeah. It's.

199

00:09:47,450 --> 00:09:48,985

And the pricing of it is crazy.

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00:09:48,985 --> 00:09:51,520

The prices are insane.

201

00:09:51,520 --> 00:09:54,523

Again, like,

202

00:09:54,990 --> 00:09:59,694

I already struggle enough in my job
and, like,

203

00:09:59,727 --> 00:10:04,065

making sure I get to my job
and actually perform at my job.

204

00:10:04,065 --> 00:10:07,067

And when I get my check,

205

00:10:07,601 --> 00:10:10,103

and it's definitely not enough.

206

00:10:10,103 --> 00:10:14,407

No, for a bill to a psychiatrist

207

00:10:14,407 --> 00:10:18,010

appointment, it's- no, yeah.

208

00:10:18,010 --> 00:10:19,545

And if you want to get it subsidised
you have to wait even longer. Exactly.

209

00:10:19,545 --> 00:10:20,546

Yeah. Yeah.

210

00:10:20,546 --> 00:10:21,146

It's. Yeah.

211

00:10:21,146 --> 00:10:25,216

That's the other thing about like,
being an adult and having to juggle like

212

00:10:25,350 --> 00:10:29,153

employment and university and social life
and, you know,

213

00:10:29,187 --> 00:10:32,223

your own mental health and trying to get

a diagnosis and everything.

214

00:10:32,223 --> 00:10:35,559

So much of your energy is spent on work
a lot of the time.

215

00:10:35,826 --> 00:10:36,893

Yeah. -for

216

00:10:37,894 --> 00:10:41,131

what often
feels like not very much in return.

217

00:10:41,131 --> 00:10:41,864

No, yeah.

218

00:10:41,864 --> 00:10:47,203

So much of our infrastructure, both
literally in terms of like architecture

219

00:10:47,203 --> 00:10:52,474

and also metaphorically in our systems
is very anti-human.

220

00:10:52,507 --> 00:10:55,810

It is not built for people to navigate in
anyway.

221

00:10:57,445 --> 00:10:59,947

And I just think, “hey,
maybe we could have a bit more empathy

222

00:10:59,947 --> 00:11:04,051

involved in a lot of the things
we approach stuff like-” One,

223

00:11:04,051 --> 00:11:08,221

yes; other people should approach people
with empathy, but also like;

224

00:11:08,288 --> 00:11:11,958

maybe we should try and build systems
that are more empathetic to us.

225

00:11:11,991 --> 00:11:12,358

Yeah.

226

00:11:12,358 --> 00:11:15,661

And rather than just asking for the bare
minimum being like,

227

00:11:15,728 --> 00:11:19,731

“hey, maybe everyone deserves a certain
standard of care.” Yeah.

228

00:11:19,798 --> 00:11:22,834

It's like the principles
of universal design, right? Yes.

229

00:11:22,867 --> 00:11:25,870

Where when you design for,
say people with disabilities

230

00:11:25,870 --> 00:11:28,873

or people with physical disabilities,
you end up benefiting everyone.

231

00:11:28,906 --> 00:11:30,074

Yes, yes, yes.

232

00:11:30,074 --> 00:11:33,877

Because, entering university and becoming
an adult is difficult for everybody.

233

00:11:33,910 --> 00:11:37,113

But, because we're Autistic,

234

00:11:37,714 --> 00:11:41,117

some of those elements can be exacerbated,

235

00:11:41,450 --> 00:11:44,753

or really pushed

to the forefront and kind of

236

00:11:45,821 --> 00:11:47,355

become a lot more clear?

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00:11:47,355 --> 00:11:50,492

But that's not to say that no one else
is struggling with these things.

238

00:11:50,525 --> 00:11:52,827

No yeah, I think it's difficult
all around.

239

00:11:52,827 --> 00:11:57,398

But that being said,
if we build in mind for folks

240

00:11:57,398 --> 00:12:00,400

with disability,
it becomes easier for everyone.

241

00:12:01,001 --> 00:12:04,037

I also think there is this really common
norm, at least in Western countries,

242

00:12:04,037 --> 00:12:05,438

where it's like, "hey,
as soon as you're an adult?

243

00:12:05,438 --> 00:12:08,007

You gotta move out, you gotta get a job,
you gotta go to university."

244

00:12:08,007 --> 00:12:12,211

"You are completely independent now."
And it's a very Western idea.

245

00:12:12,444 --> 00:12:15,447

Like, I was not raised with that,
particularly in mind.

246

00:12:15,480 --> 00:12:19,717

I think a lot of other cultures,
it's like very normal to stay at home

247

00:12:19,717 --> 00:12:20,785

with your parents. Yeah.

248

00:12:20,785 --> 00:12:24,855

And I think we're pretty lucky
with our parents. Yes.

249

00:12:24,855 --> 00:12:27,558

My parents were not very like-
they were insisting

250

00:12:27,558 --> 00:12:30,660

I should go to university,
but it wasn't like I was on a deadline.

251

00:12:30,660 --> 00:12:33,229

It wasn't like I had to be right

right away

252

00:12:33,229 --> 00:12:35,331

or I had to do something

they wanted me to do.

253

00:12:35,331 --> 00:12:37,867

I actually really wanted them to choose

for me because I couldn't decide.

254

00:12:37,867 --> 00:12:39,101

I felt very directionless

255

00:12:39,101 --> 00:12:43,038

and they were like, "no, you have to
decide what you want to do for yourself."

256

00:12:43,205 --> 00:12:44,606

And they were like, "it's okay

257

00:12:44,606 --> 00:12:48,543

if you don't choose-

like get the first choice right.” Yeah.

258

00:12:48,609 --> 00:12:50,544

You're allowed to change your mind

259

00:12:50,544 --> 00:12:53,981

and, you know, go through it

a little slower than other people.

260

00:12:54,048 --> 00:12:55,249

So even though I feel very

261

00:12:56,583 --> 00:12:59,552

like I'm being left behind

by a lot of my peers who are neurotypical,

262

00:12:59,552 --> 00:13:01,287

and even peers who are neurodivergent,

263

00:13:01,287 --> 00:13:05,191

that just have a way to cope
with these systems better than I do,

264

00:13:07,159 --> 00:13:10,962

it's okay to remember that everyone works
at their own pace towards these things.

265

00:13:10,962 --> 00:13:14,465

Not not one path is the same for everyone.

266

00:13:14,666 --> 00:13:19,236

And I think that's what's super important
about community, at least.

267

00:13:19,270 --> 00:13:20,404

Yeah.

268

00:13:20,404 --> 00:13:24,274

At least with like our parents,

are very supportive.

269

00:13:24,274 --> 00:13:29,879

And I think a lot of their-

I wouldn't say pushing because it isn't-

270

00:13:29,879 --> 00:13:34,683

it's like a healthy nudge

into being like, "consider

271

00:13:34,717 --> 00:13:38,587

university, considering doing this,"

because they see potential.

272

00:13:38,587 --> 00:13:41,189

They know that we're smart individuals.

273

00:13:41,189 --> 00:13:42,557

They're a bit biased.

274

00:13:42,557 --> 00:13:48,095

Yeah, of course, but they know that we're
smart, they know that we are not,

275

00:13:49,063 --> 00:13:50,964

entirely our disability,

276

00:13:50,964 --> 00:13:53,967

even though it feels like it
a lot of the times.

277

00:13:55,268 --> 00:13:55,702

No. Yeah.

278

00:13:55,702 --> 00:14:00,039

And I think it's important to have someone
that you can lean on in those moments.

279

00:14:00,406 --> 00:14:03,876

A trusted adult for learning
how to be an adult is very good. Yes.

280

00:14:04,943 --> 00:14:06,078

No, yeah.

281

00:14:06,078 --> 00:14:08,913

And it's in a way that isn't
infantilising. Yes, exactly.

282

00:14:08,913 --> 00:14:12,984

Where it's like-

I think when I was at my worst

283

00:14:12,984 --> 00:14:15,086

and I was still struggling
to get a diagnosis,

284

00:14:15,086 --> 00:14:18,088

I relied on external support
to my detriment.

285

00:14:19,356 --> 00:14:22,625

Yes. Instead of ever learning
to stand on my own feet

286

00:14:22,625 --> 00:14:23,893

and decide things for myself.

287

00:14:23,893 --> 00:14:26,829

And I'm not saying like, "move out
and go do things," but

288

00:14:26,829 --> 00:14:30,866

just like very human basic
things like taking a bus by myself,

289

00:14:31,066 --> 00:14:34,236

or doing a phone call,
or signing a form by myself.

290

00:14:34,236 --> 00:14:35,804

I could not do any of them.

291

00:14:35,804 --> 00:14:36,271

Yeah.

292

00:14:36,271 --> 00:14:39,073

They were things I found so insanely
difficult and I couldn't do it.

293

00:14:39,073 --> 00:14:42,743

I relied on like my parents
or my sisters for all of it.

294

00:14:42,743 --> 00:14:45,746

And I did not want to be challenged
in that in any way.

295

00:14:45,746 --> 00:14:46,680

I did not want to change.

296

00:14:46,680 --> 00:14:50,050

I wanted to be like, "it is impossible
for me to function in this system,

297

00:14:50,050 --> 00:14:53,086

and it is impossible for me to get better
so I do not want to try." Yeah.

298

00:14:53,119 --> 00:14:56,222

And then it's like, "no," that is not the
a conducive way of thinking.

299

00:14:56,288 --> 00:14:59,124

It is not your fault that it is hard.

300

00:14:59,124 --> 00:15:00,626

Yeah.

301

00:15:00,626 --> 00:15:04,562

I don't think self-hatred is a
good answer, but neither is self-pitying,

302

00:15:04,929 --> 00:15:06,197

because it's like,

303

00:15:06,197 --> 00:15:09,667

even though it's not your fault,

you can't put that burden on other people

304

00:15:10,067 --> 00:15:12,970

where it's like, you can rely on this,

but you can't do it to the point where

305

00:15:12,970 --> 00:15:16,006

you aren't allowed to be your own person,

and you can only function

306

00:15:16,039 --> 00:15:19,042

at the validation of other people

as a way to decide things.

307

00:15:19,042 --> 00:15:22,211

It is not a way to live, and it makes you
so incredibly anxious all the time.

308

00:15:22,311 --> 00:15:23,979

It's definitely okay to ask for help. Yes.

309

00:15:23,979 --> 00:15:25,181

And to rely on people

310

00:15:25,181 --> 00:15:29,184

where you're struggling, but I don't think
you should define yourself by that.

311

00:15:29,251 --> 00:15:30,919

Or say, "well,

312

00:15:30,919 --> 00:15:35,189

I'm relying on people for this now,
and this is how it's always going to be."

313

00:15:35,223 --> 00:15:39,360

And I'm not going to like, grow from this
in any way because people aren't static.

314

00:15:39,393 --> 00:15:40,461

People change all the time.

315

00:15:40,461 --> 00:15:45,131

And, you know, transitioning
into adulthood, you're still so young.

316

00:15:45,165 --> 00:15:45,632

Yeah, yeah.

317

00:15:45,632 --> 00:15:48,901

I mean, you could say that to anyone,
but you still have such a way to grow.

318

00:15:49,002 --> 00:15:51,871

Yeah, be infantilising because you're like
20, not because you're Autistic.

319

00:15:51,871 --> 00:15:53,973

Yeah, exactly.

A 20 year old is like a little guy.

320

00:15:53,973 --> 00:15:56,074

Yeah, yeah, yeah. A baby, if you will.

321

00:15:56,074 --> 00:16:00,311

I say at the ripe old age of... 22?

322

00:16:00,812 --> 00:16:01,813

I forget my age sometimes.

323

00:16:01,813 --> 00:16:02,080

[Kaiya laughs].

324

00:16:02,080 --> 00:16:05,082

Am I 22? Yes, you're 22.

325

00:16:05,082 --> 00:16:06,016

Ok, I'm 22.

326

00:16:06,016 --> 00:16:09,052

You know, transitioning into adulthood
is a slow process.

327

00:16:09,052 --> 00:16:11,121

It's not an overnight thing.

328

00:16:11,121 --> 00:16:13,256

Like you were saying,
there is a big push for people to,

329

00:16:14,257 --> 00:16:16,959

move out and go to immediately

330

00:16:16,959 --> 00:16:20,796

and be the adult and- Drive.

331

00:16:20,796 --> 00:16:23,232

Yeah, drive and all these things.

[Miah and Kaiya giggle].

332

00:16:23,232 --> 00:16:25,233

I'm a driving hater.

333

00:16:25,233 --> 00:16:26,735

Public transport for life.

334

00:16:26,735 --> 00:16:28,870

Yeah, yeah, I love busses.

335

00:16:28,870 --> 00:16:32,106

I wish they made- I will say it's
probably most Autistic thing about me.

336

00:16:32,106 --> 00:16:35,276

I really considered going to Melbourne
just to try out the trams.

337

00:16:35,276 --> 00:16:37,945

Yeah, I really like them. They're
awesome. People love the trams.

338

00:16:37,945 --> 00:16:38,578

Yeah, yeah.

339

00:16:38,578 --> 00:16:40,614

And I wish we had more

340

00:16:40,614 --> 00:16:42,515

extensive public transport.

341

00:16:42,515 --> 00:16:43,783

Like it's nice that it's more affordable

342

00:16:43,783 --> 00:16:45,685

but it still is very limited to the places
it goes.

343

00:16:45,685 --> 00:16:48,187

And especially when you do need
to go to things like university

344

00:16:48,187 --> 00:16:50,856

and you're living in a place
that might not be the most accessible

345

00:16:50,856 --> 00:16:52,624

because we don't live right next
to a train station or anything. No.

346

00:16:52,624 --> 00:16:56,294

It's actually really difficult
to get to places when you're Autistic

347

00:16:56,294 --> 00:17:00,598

and it's like, "how?"
I can't drive, but there's no other way

348

00:17:00,598 --> 00:17:01,699

for me to get anywhere.

349

00:17:01,699 --> 00:17:04,868

It's way too expensive
to, like, Uber everywhere.

350

00:17:04,902 --> 00:17:05,269

Yeah.

351

00:17:05,269 --> 00:17:08,238

Yeah. It's so unsustainable.

352

00:17:08,238 --> 00:17:10,707

And it really frustrates me.

353

00:17:10,707 --> 00:17:12,041

It feels like everything in the world
is built to make me angry.

354

00:17:13,042 --> 00:17:13,676

But I can't

355

00:17:13,676 --> 00:17:16,679

direct that anger to anywhere

because then it's like, "okay, it's

356

00:17:16,745 --> 00:17:17,279

going in the void." It's

357

00:17:17,279 --> 00:17:21,216

the system, direct it to the Controversial

opinion, guys, controversial opinion.

358

00:17:21,316 --> 00:17:23,752

I don't know where you're going with this.

359

00:17:23,752 --> 00:17:27,321

Autism, isn't a superpower,

it is infact a disability.

360

00:17:27,355 --> 00:17:28,756

Oh, yeah.

361

00:17:28,756 --> 00:17:29,890

I hate when people say that.

362

00:17:29,890 --> 00:17:33,460

And it sucks knowing

363

00:17:33,493 --> 00:17:36,730

my peers around me who are neurotypical,

364

00:17:36,730 --> 00:17:40,400

or maybe raised in better environments

that I- Yeah, more access.

365

00:17:40,466 --> 00:17:43,536

-didn't have access to,

366

00:17:43,803 --> 00:17:47,539

thriving in life,

and seeing myself fall behind so quickly.

367

00:17:47,606 --> 00:17:50,275

And I know everyone has their own path.

368

00:17:50,275 --> 00:17:53,444

But I think No.

369

00:17:53,444 --> 00:17:53,578

Yeah.

370

00:17:53,578 --> 00:17:56,647

And I had a pretty earnest conversation

371

00:17:56,647 --> 00:17:59,650

with a friend, a while back.

372

00:18:00,384 --> 00:18:02,052

And they're graduating soon.

373

00:18:02,052 --> 00:18:03,653

We did the same degree. Yeah.

374

00:18:03,653 --> 00:18:07,123

And I was like, “man, I shouldn't
have dropped out of university.

375

00:18:07,123 --> 00:18:08,091

I shouldn't have done it.

376

00:18:08,091 --> 00:18:11,093

I know I needed to do it,
I shouldn't have.” And then he went,

377

00:18:11,127 --> 00:18:15,931

“yeah, you probably shouldn't have,
you shouldn't have.” And that like,

378

00:18:15,964 --> 00:18:20,568

set me back

like weeks of work that I did to

379

00:18:22,737 --> 00:18:24,171

sort of just

380

00:18:24,171 --> 00:18:28,542

come into myself and like understand

that I needed to do that.

381

00:18:28,575 --> 00:18:33,213

Like I needed to step back, get diagnosed

and then be medicated

382

00:18:33,213 --> 00:18:36,582

and then continue, you know, university.

383

00:18:36,582 --> 00:18:40,085

And then him being like, "nah,

you probably should have stayed

384

00:18:40,085 --> 00:18:43,889

in because, I mean, you would've
gotten this far.” And it's like, “oh!

385

00:18:43,989 --> 00:18:45,157

oh!”

386

00:18:45,157 --> 00:18:49,027

I feel the same way, especially because I,
for one, feels so directionless.

387

00:18:49,060 --> 00:18:50,661

Yeah. I have no idea what work
I want to do.

388

00:18:50,661 --> 00:18:52,863

I have no real aspirations for a job.

389

00:18:52,863 --> 00:18:57,167

I'm just doing university because that's
the thing at this age I'm expected to do.

390

00:18:57,200 --> 00:18:59,402

And I have a lot of things
I'm passionate about and I enjoy doing,

391

00:18:59,402 --> 00:19:01,771

but none of it's necessarily thing
I want to do as work. Yeah.

392

00:19:01,771 --> 00:19:04,640

Because, I get bored really easy.

393

00:19:04,640 --> 00:19:07,576

It takes the fun
out of it all the time. And

394

00:19:08,544 --> 00:19:11,647

I think the issue is,

395

00:19:11,880 --> 00:19:15,316

especially when I was at like my worst,
trying to deal with diagnosis.

396

00:19:15,316 --> 00:19:18,786

Like you grew up with such an idea of like

397

00:19:19,654 --> 00:19:22,656

“the way to succeed in
life is to be some value to society.

398

00:19:22,656 --> 00:19:26,960

That is the way you are a good person.”
And when I could not see myself

399

00:19:26,960 --> 00:19:30,096

as having any value or a job or anything,
that was considered a way

400

00:19:30,096 --> 00:19:33,366

that was like

someone being successful at living life,

401

00:19:33,566 --> 00:19:36,902

I was like, "wow, I'm a failure."

And I'm like 20 at this age.

402

00:19:36,902 --> 00:19:39,037

Yeah. -I can't have failed yet,

I didn't start.

403

00:19:39,037 --> 00:19:39,905

Yeah, exactly.

404

00:19:39,905 --> 00:19:42,907

I still barely have,

but it's like I was already

405

00:19:44,442 --> 00:19:46,611

giving up because

406

00:19:46,611 --> 00:19:49,980

it felt like I couldn't go anywhere,
but I was just like at rock bottom.

407

00:19:50,014 --> 00:19:50,848

Yeah.

408

00:19:50,848 --> 00:19:53,850

And here's where my controversial opinions
begin guys.

409

00:19:54,117 --> 00:19:55,919

This is a male bro.

410

00:19:55,919 --> 00:19:56,553

So true.

411

00:19:56,553 --> 00:20:00,690

We've discussed autism, ADHD,

412

00:20:01,457 --> 00:20:03,759

isn't a superpower,
at least in my perspective.

413

00:20:03,759 --> 00:20:06,562

Can I say something about that
when you're done? Of course you can.

414

00:20:06,562 --> 00:20:10,131

Yeah I also have thoughts on this,
but yes.

415

00:20:10,131 --> 00:20:13,001

-at least in my opinion, it is not.

416

00:20:13,001 --> 00:20:16,637

It is only I mean, there are I think

417

00:20:17,638 --> 00:20:18,539

the way I think

418

00:20:18,539 --> 00:20:21,541

is beautiful

and like whimsical and wonderful.

419

00:20:22,242 --> 00:20:26,713

However, I am debilitated every day.

420

00:20:26,813 --> 00:20:29,649

That and loaded on with mental illnesses.

421

00:20:29,649 --> 00:20:31,784

Things I don't have access to.

422

00:20:31,784 --> 00:20:33,952

Things that don't interact

the best with autism. Yeah exactly.

423

00:20:33,952 --> 00:20:38,223

You hit a rough patch, for sure.

424

00:20:38,223 --> 00:20:42,193

I was gonna say something like

I would not change that part of myself;

425

00:20:42,193 --> 00:20:44,728

I would not change the way I think or

the way I interact with the world.

426

00:20:44,728 --> 00:20:47,731

I like those things about myself,

I've grown to really appreciate them.

427

00:20:48,198 --> 00:20:53,203

And I find some of it, like,

fun and whimsical even.

428

00:20:53,236 --> 00:20:55,838

I don't think they define me.

429

00:20:55,838 --> 00:20:58,074

They are not the only interesting parts
about me.

430

00:20:58,074 --> 00:21:00,809

They are part of myself that I enjoy.

431

00:21:00,809 --> 00:21:02,811

But it's, I think, a bit silly

432

00:21:04,246 --> 00:21:07,048

to treat it as

433

00:21:07,048 --> 00:21:10,718

something that can only be good or bad
indefinitely

434

00:21:10,718 --> 00:21:14,955

and cannot change the level of support
you need or can vary within your life

435

00:21:14,955 --> 00:21:16,323

the way it expresses in your behaviors.

436

00:21:16,323 --> 00:21:18,325

Like just because it's

something I enjoy, does

437

00:21:18,325 --> 00:21:19,993

not mean

it doesn't debilitate me in some ways.

438

00:21:19,993 --> 00:21:22,495

Yeah, because things aren't built for me

and it does become an obstacle.

439

00:21:22,495 --> 00:21:26,065

And I think it's not naive, but

440

00:21:26,098 --> 00:21:29,101

a bit ignorant, to try and deny that or

441

00:21:29,234 --> 00:21:32,504

deny that part of how it interacts
with my life as an obstacle.

442

00:21:32,804 --> 00:21:36,207

Yeah, that being said,

443

00:21:37,508 --> 00:21:40,244

I wouldn't change a single thing
about myself.

444

00:21:40,244 --> 00:21:42,913

Autism, ADHD, the whole shebang.

445

00:21:42,913 --> 00:21:44,248

Wouldn't change a thing
because I don't know

446

00:21:44,248 --> 00:21:48,785

if I would exist the way that I do

if I didn't have those lived experiences.

447

00:21:48,818 --> 00:21:50,086

And I like me, and I like you.

448

00:21:50,086 --> 00:21:51,621

Yeah. Exactly!

449

00:21:51,621 --> 00:21:56,025

But no yeah,

I think when it comes to adulthood

450

00:21:56,025 --> 00:22:01,896

and you know, growing

up in that way, I think

451

00:22:04,465 --> 00:22:07,635

it's hard to not be a little bit cynical.

452

00:22:07,668 --> 00:22:09,403

Yes. Yeah.

453

00:22:09,403 --> 00:22:12,005

I think we talk about

454

00:22:12,005 --> 00:22:16,176

to approach, things

like transitioning into adulthood

455

00:22:16,176 --> 00:22:19,245

and kind of every aspect of life, is

456

00:22:20,780 --> 00:22:21,747

building community- Yes!

457

00:22:21,747 --> 00:22:23,282

-because having people around you

458

00:22:23,282 --> 00:22:27,352

who have similar experiences to you
can be really supportive.

459

00:22:27,386 --> 00:22:29,854

It can be really rewarding
and really fulfilling.

460

00:22:29,854 --> 00:22:31,456

Makes the hard times less hard.

461

00:22:31,456 --> 00:22:34,425

And trying to to go from high school

462

00:22:34,425 --> 00:22:37,661

to university, as someone who is Autistic,
and you don't have a forced proximity.

463

00:22:37,661 --> 00:22:40,130

I made no adult relationships.

464

00:22:40,130 --> 00:22:41,098

I have made no friendships.

465

00:22:41,098 --> 00:22:45,501

And measuring the progression
of a relationship

466

00:22:45,501 --> 00:22:49,205

or friendship with someone as an adult
is so much harder.

467

00:22:49,205 --> 00:22:52,508

And there's certain things that
I don't think about, that I don't think

468

00:22:52,508 --> 00:22:56,144

are necessary to think about
if you just want to communicate.

469

00:22:56,144 --> 00:22:59,147

but that seems to be something
that everyone else agrees on.

470

00:22:59,447 --> 00:23:00,615

Yeah. So I

471

00:23:01,782 --> 00:23:02,850

think having community

472

00:23:02,850 --> 00:23:05,719

with other Autistic

people is like- It's awesome.

473

00:23:05,719 --> 00:23:06,253

-so much better.

474

00:23:06,253 --> 00:23:10,023

The only people I found myself talking
to, that I liked talking to,

475

00:23:10,056 --> 00:23:13,626

were other Autistic individuals
because at least there was some

476

00:23:14,660 --> 00:23:16,862

at least similar way of thinking, at least

477

00:23:16,862 --> 00:23:19,865

in hyper fixations, or ways
we were approaching

478

00:23:20,699 --> 00:23:24,302

assignments and stuff that made it easier
to communicate with them.

479

00:23:24,336 --> 00:23:27,338

And even if I didn't make friends,

480

00:23:28,339 --> 00:23:31,909

I realise how necessary
socialisation is for me.

481

00:23:31,909 --> 00:23:35,145

'Cause then I just, don't do nothing.

482

00:23:35,512 --> 00:23:36,580

I sit there and I just stay there.

483

00:23:36,580 --> 00:23:36,947

Yeah.

484

00:23:36,947 --> 00:23:40,550

So I think, the communal aspect of it
and support is so important, especially

485

00:23:40,783 --> 00:23:41,551

because it's so hard to find.

486

00:23:41,551 --> 00:23:44,120

Even if you're not Autistic,
even if you're neurotypical,

487

00:23:44,120 --> 00:23:45,855

it's hard to find community. Yeah.

488

00:23:45,855 --> 00:23:47,456

So moral of the story?

489

00:23:47,456 --> 00:23:49,024

Get a D&D group.

490

00:23:49,024 --> 00:23:52,527

All Autistic people love D&D.

491

00:23:52,661 --> 00:23:55,096

And that's a fact.

All Autistic people love D&D.

492

00:23:55,096 --> 00:23:59,767

Controversial male podcast opinion,

“that’s a fact.” That's a hard fact.

493

00:23:59,800 --> 00:24:01,635

That's a hard fact.

494

00:24:01,635 --> 00:24:04,805

Closely

followed by Queer people, as we discussed

495

00:24:05,805 --> 00:24:08,007

previously.

496

00:24:08,007 --> 00:24:08,474

Closely followed by Queer people,

Queer people love D&D groups.

497

00:24:08,474 --> 00:24:09,976

But Dungeons

and Dragons is a great option,

498

00:24:09,976 --> 00:24:12,411

or like board game groups

or something like that. Oh my gosh, yes.

499

00:24:12,411 --> 00:24:14,680

Because it gives you a structure
to communicate.

500

00:24:14,680 --> 00:24:17,949

Builds a community with people
who have similar interests with you.

501

00:24:17,983 --> 00:24:19,951

It makes your life so much easier.

502

00:24:19,951 --> 00:24:23,488

Most universities,
or any sort of young adult organisation,

503

00:24:23,488 --> 00:24:26,857

will have some sort of hyperfixation
club on something you were interested in.

504

00:24:26,891 --> 00:24:27,491

Yeah. Yeah.

505

00:24:27,491 --> 00:24:31,128

Like there was a film one,
and I didn't join because I got scared,

506

00:24:31,161 --> 00:24:33,096

but there was a film one at uni

507

00:24:33,096 --> 00:24:35,065

that I always thought about that
I thought was so cool.

508

00:24:35,065 --> 00:24:36,166

They had a D&D group as well.

509

00:24:36,166 --> 00:24:38,267

They had an Auslan group

that I really wanted to learn,

510

00:24:38,267 --> 00:24:41,871

just for like my sake of communication
when I go nonverbal, yeah.

511

00:24:41,937 --> 00:24:43,739

They have so much stuff that is available,

512

00:24:43,739 --> 00:24:47,909

but it's not always marketed
the best or it's hard to find because it's

513

00:24:49,778 --> 00:24:52,246

not understand
incentivised to make it easy for people.

514

00:24:52,246 --> 00:24:56,083

So you kind of have to work for it,
and it's a shame, but I think that's

515

00:24:56,083 --> 00:24:59,720

more rewarding than the bureaucratic
aspect of having to fight for yourself.

516

00:24:59,720 --> 00:25:00,087

Yeah, for sure.

517

00:25:00,087 --> 00:25:00,287

Yeah.

518

00:25:00,287 --> 00:25:03,923

Yeah, I think a lot of the time
when I hear about people's university

519

00:25:03,923 --> 00:25:07,360

experience, you know, from older people
who went to uni a while ago,

520

00:25:07,460 --> 00:25:10,462

the things they talk about and things

they remember is the social connections.

521

00:25:10,496 --> 00:25:12,931

Yeah. You know, the clubs
and that sort of thing.

522

00:25:12,931 --> 00:25:16,801

And like it's
not easy to join those groups.

523

00:25:16,868 --> 00:25:19,504

Like it's scary
not knowing the social rules,

524

00:25:19,504 --> 00:25:21,839

having to like find these groups
and things like that.

525

00:25:21,839 --> 00:25:25,642

But it is really rewarding just to have
community, whether it's through university

526

00:25:25,709 --> 00:25:27,511

or something else. Yeah, for sure.

527

00:25:27,511 --> 00:25:28,845

Everybody need a friend.

528

00:25:28,845 --> 00:25:30,280

Everybody needs a friend.

529

00:25:30,280 --> 00:25:34,083

And like I said earlier,
it makes the hard times less hard.

530

00:25:34,150 --> 00:25:34,550

Yeah.

531

00:25:34,550 --> 00:25:37,286

The lows that you can reach sometimes

532

00:25:37,286 --> 00:25:41,657

with the state of the world

and everything going on.

533

00:25:41,657 --> 00:25:41,923

Yeah.

534

00:25:41,923 --> 00:25:46,027

And whether it's your own

personal situation, knowing that, you have

535

00:25:46,060 --> 00:25:46,461

community.

536

00:25:46,461 --> 00:25:50,331

Someone's in your corner,

and that you're all growing together.

537

00:25:50,464 --> 00:25:51,065

Awesome.

538

00:25:51,065 --> 00:25:51,865

Awesome to me.

539

00:25:51,865 --> 00:25:56,269

And a great way to find people like that.

540

00:25:56,269 --> 00:25:57,971

If you're not sure where to start,

541

00:25:57,971 --> 00:26:01,407

how to start building community

because it is hard and it's a bit scary

542

00:26:01,407 --> 00:26:05,711

sometimes- we've talked about university

groups, clubs and stuff like that-

543

00:26:05,711 --> 00:26:09,514

If you're not in university

or you don't want to choose

544

00:26:09,514 --> 00:26:14,052

a university club as well,
there's plenty of other options out there.

545

00:26:14,052 --> 00:26:18,422

We discussed in the video
that didn't get filmed-

546

00:26:19,123 --> 00:26:20,524

we talked about sports groups,

547

00:26:20,524 --> 00:26:22,459

if you're into sports,
we talked about running groups.

548

00:26:22,459 --> 00:26:26,730

You can find a lot of these groups online,
particularly on Facebook. Yes.

549

00:26:26,730 --> 00:26:28,231

I don't know if even like

550

00:26:30,133 --> 00:26:30,833

Reddit,

subreddits, Discord- oh for sure, Reddit,

551

00:26:30,833 --> 00:26:32,835

there's a lot of local Reddit pages.

552

00:26:32,835 --> 00:26:35,871

Your areas, wherever you're from,

I'm certain there will be

553

00:26:37,005 --> 00:26:38,440

a Reddit group for it.

554

00:26:38,440 --> 00:26:39,975

Just a quick Google search.

555

00:26:39,975 --> 00:26:41,576

If you're looking for others- Libraries.

556

00:26:41,576 --> 00:26:43,578

Yeah, libraries are incredible.

557

00:26:43,578 --> 00:26:45,780

Gardens, Sity Council websites.

558

00:26:45,780 --> 00:26:48,482

Brisbane City

Council used to do a lot of meetups,

559

00:26:48,482 --> 00:26:50,250

particularly during school

holidays and stuff.

560

00:26:50,250 --> 00:26:52,586

They probably still do.

I haven't looked in a while though.

561

00:26:52,586 --> 00:26:56,889

In terms of crafts

and sewing things and stuff like that.

562

00:26:56,989 --> 00:26:59,292

Book clubs are another one.

563

00:26:59,292 --> 00:27:02,294

Community gardens, if you like gardening.

564

00:27:02,561 --> 00:27:05,564

A lot of the times, people

who go into these groups, honestly.

565

00:27:06,398 --> 00:27:07,766

they don't even really care

about the gardening.

566

00:27:07,766 --> 00:27:09,434

They're just here to build community.

567

00:27:09,434 --> 00:27:10,702

And that's lovely.

Yeah, the social aspect of it all.

568

00:27:10,702 --> 00:27:12,036

Volunteer work can be great for that too.

569

00:27:12,036 --> 00:27:14,438

Yeah, absolutely. We love volunteers here.

570

00:27:14,438 --> 00:27:17,674

If you want to get involved
with the Autistic community

571

00:27:17,674 --> 00:27:21,411

specifically, Empower

Autism has a variety of peer groups.

572

00:27:21,411 --> 00:27:22,512

We've got groups for

573

00:27:23,713 --> 00:27:25,081

youth, for teenagers,

574

00:27:25,081 --> 00:27:29,251

young adults, adults

who are older, like 30

575

00:27:29,285 --> 00:27:34,322

plus, we've got groups for women

and nonbinary people, online groups.

576

00:27:34,356 --> 00:27:37,592

There's also a lot of other groups run

by different organisations.

577

00:27:37,659 --> 00:27:39,527

Again, there's a lot of them on Facebook.

578

00:27:39,527 --> 00:27:41,729

Yeah.

579

00:27:41,729 --> 00:27:43,197

Whatever age you are

580

00:27:43,197 --> 00:27:46,633

and whatever identity you have, it's
okay to not have it all sorted out.

581

00:27:46,700 --> 00:27:48,001

Exactly. You're never gonna.

582

00:27:48,001 --> 00:27:50,070

Yeah. Everyone changes and grows.

583

00:27:50,070 --> 00:27:51,537

There's no deadline to it.

584

00:27:51,537 --> 00:27:55,574

But it's easier when you can have friends
working with you.

585

00:27:55,608 --> 00:27:58,277

Yeah, and if you're unsure on what option
to choose?

586

00:27:58,277 --> 00:28:01,279

[All together] Dungeons & Dragons.

587

00:28:03,915 --> 00:28:06,117

Thank you for listening.

588

00:28:06,117 --> 00:28:09,053

This has been Skipping
the Small Talk with Empower Autism.

589

00:28:09,053 --> 00:28:10,121

My name is Riley.

590

00:28:10,121 --> 00:28:13,056

This has been Miah and Kaiya.

Thank you so much for joining us again.

591

00:28:13,056 --> 00:28:13,590

Yippee!

592

00:28:13,590 --> 00:28:16,393

It's been wonderful to talk to you

guys. Yes!

593

00:28:16,393 --> 00:28:18,828

We'll

see you all in the next one. Bye! Bye bye!