



EVALUATION REPORT TECHNICAL APPENDICES

NATIONAL AUTISM WALES CONFERENCE
“PROMOTING AUTISITIC WELLBEING”



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Technical Appendix One – What Was Learnt?

POSITIVE COMMENTS

- Wide range of experts and specialist services available to tap into for practical advice and guidance in day-to-day living.
- Wonderful practical tips, advice and strategies
- I really enjoyed the practical sides of the workshops – the Yoga was very soothing. I'll keep doing it! And the info from Cos about aging was great.
- I really enjoyed the yoga & creative workshops
- Despite already having a diagnosis at 53 years old and being an autism professional, just how autistic I am.
- That 'safe spaces' for Autistic adults to connect are extremely important and needed that a focus on positive aspects is welcomed and refreshing
- Need to plan as an Aspie
- Different aspects of Autism
- A conference aimed at people with ASD is more beneficial than a conference aimed at professionals working with those with ASD (I am a professional)
- Very useful information and tools to use in the workplace and in the community when interacting with ASD
- Where to find help for employment, encouragement with daily tasks
- I strongly suspect that I am an autistic person (age 50 and not formally diagnosed, but I am the partner of a diagnosed autistic person)
- As someone who does not have a diagnosis of autism but tries to ensure that practice/systems (about mental health services) are accessible and 'friendly', hearing about people's experiences is very helpful.
- Some specifics about eating disorders. Ideas around how to host an autism inclusive event.
- Introduced to lots of groups and organisations
- I have thoroughly enjoyed today, I have learnt so much
- Interception, self-care kit
- Various terms and definitions
- I'm not alone
- Workshops attended have been informative and worthwhile. DBT – useful and transferable for own practice. The Chairs that lead the open/close were fab.
- The session on DBT and relationships was fantastic, I will be employing those acronyms. The conflict between getting what I want and not upsetting people is very real.
- People do care about autism
- We are new to this world so the whole day has been really interesting. Finding out some common features and differences. Would love to come again
- Methods for successful negotiations/interactions with others
- I learnt that there are different ways of talking about autism and ways it affects other people



- Very much enjoyed the seminar – ‘Interpersonal Empowerment’
- Amount of support available at University. DBT.
- That I am not the only one suffering
- Fantastic insight into life as an autistic actor (Jules)
- As a newly diagnosed 60 year old, I learnt that my traits are part of autism – especially executive functionality. I’ll take away a better ability to forgive myself instead of constantly beating myself up. I just learnt my skin picking is stimming!
- The help and charities available for adults with ASD. Its ok to be who you are
- Meet people, beneficial and useful information
- The relatability, compassion and honesty in Emma Durman’s speech helped me as a late diagnosed autistic to feel I fit well into my new community!
- Political Will to enable adult autism services appears to exist in Wales. There is a positive Autistic Community in nascent form in Wales. There is help out there for partners.
- New skills and strategies to help with my wellbeing
- All aspects informative
- Insight into how it affects individuals
- Speakers were all excellent. Well chaired!
- That the government are attempting to improve services and support for people on the spectrum. I’ve also taken away a few ideas which may help in my workplace.
- That there needs to be wider awareness of the challenges to well-being that face autistic adults (particularly when a ‘high functioning’ adult, especially female who masks)
- I found the workshop with Dr. Jacinta Tan, learnt lots and it was really informative. The employment workshop with

Keith Ingram was good, he was very entertaining and engaged the audience well.

- How to overcome the barriers and problems faced post-diagnosis
- It is not a death sentence! I felt responsible and guilty, my fault
- Autism is something to be embraced with the right support and environment.
- That I’m not alone! That there are things I can do to help myself cope.
- How to communicate better. How to relax better. How to get things done better.
- Understanding the creative process.
- Helping people with eating issues/difficulties, anxiety management, employment issues, University support
- Accepting my (late) diagnosis by relating to some of the things autistic speaker said. Found it cathartic
- Techniques and strategies
- Stress management and better health
- There are more autistic people close than I realised
- More about promoting my own well-being
- The ‘A’ word is out there, more to be done but pleased that it is out there
- I have gained an increased knowledge of autism and its effects on individuals
- The actor Jules Robertson, his journey and career
- How we need to remove the word ‘disorder’ from our service
- The broad range of support available today and level of engagement



- You should always be able to have the support and help you need available to you when need and should be respected amongst your peers
- Further awareness of autism and information and support available
- How to work in the world
- How to support someone into Uni
- I have gained an increased knowledge of autism and its effects on individuals
- Much more wellbeing and how to change the way I looked at myself. That even though there are barriers it doesn't matter, if you have the confidence you can do anything.
- Our diversity within ourselves
- The event has been beneficial for networking for the group we run 'ASD Connect'. It has given me info to share with parent carers and young people at my group.
- Interpersonal empowerment workshop gave me useful tools to use with autistic young people
- I've had a better understanding of people's personal experiences and difficulties they have overcome
- Increased understanding from the perspective of autistic people. Self-help strategies. Increased understanding of ASD, ADHD and eating disorder.

NEGATIVE COMMENTS

- There were a few points raised which I will be looking into further, but I wouldn't say I learned anything – the workshops were too short to give more than a basic overview
- DBT. However it was too short, rushing all the way through, not in depth enough
- More gluten/dairy free and vegan options for lunch
- Nothing new
- Not much

Technical Appendix Two – What Was Most Beneficial?

POSITIVE COMMENTS

- All speakers and workshops aimed at older aspies were well presented with appropriate content.
- Cos, Rhi and Lucy Wells
- Yoga
- Creativity workshop
- Emma Durman was truly inspiring
- Too difficult to mill one thing out, many good things
- Really loved the programme, the information, the quiet room/sensory room and calm down room seemed very positive for lots of attendees
- Improvements to your relationships
- Meeting people from all walks of life that are on the spectrum!
- The workshops
- First key note speaker excellent, inspiring but also realistic. A true example of co-production
- Holby City guest was fab
- Getting things done workshop
- Emma Durman's keynote address
- Workshops, Emma Durman's keynote address, the sensory room was good but there wasn't much time to spend there
- People's personal accounts of living with autism. Emma Durman – Superb insights into anxiety
- Networking with professionals. All the right people in one place!
- Getting on well, into middle age and beyond
- The speakers & anxiety workshop
- The talk (not workshop) about coping mechanisms
- Social aspect
- Keynote speakers AM&PM were excellent – probably worth coming just to hear both of them
- They were informative and interesting
- Emma Durman was brilliant, my partner has been diagnosed at 67 and was moved to tears. It was really helpful for us to hear of another individual who has experiences that resonated
- 4 workshops, My Journey into Actor by Jules, 10 skills for life – Autism GP Simon
- Enjoyed Emma's speech and Amara & Geraint's – all spoke very well about their experiences and gave us more understanding
- Meeting other autistic adults
- Empowerment workshop
- Emma Durman's speech was very helpful and inspirational and helped things click into place inside my head. I really appreciated it. Also, what Jules said I had a relation to.
- Workshop Speakers
- Kudos to Emma Durman
- Workshops were very informative. Afternoon speaker was very interesting.
- The eating disorder workshop



- The workshops on DBT and creativity
- Difficult to choose! Emma Durman's talk in the morning, because I identified with her story. But workshops were also very good – particularly 10 Skills For Life & Getting Things Done
- Thriving at university workshop, Emma Durman's talk, an autistic guide to creativity
- Aging with autism with Cos Michael, Emma Durman's speech – brilliant, the autistic guide to creativity workshop was moving and wonderful!
- Too soon to know
- Interpersonal empowerment workshop. Jules was brilliant and motivational
- Speaker's own story was inspiring
- Co-chairs were fantastic, as was Emma
- Emma Durman was inspirational and related to my daughter's traits
- Alcohol and autism, DBT and autism
- Jacinta Tan - Links to eating difficulties in adulthood when experienced by autistic adults is so rarely recognised
- Printed handouts were very useful, these were appreciated. I made notes, but particularly in the 'Autism and Eating' workshop, it was useful as the handouts had extra information on it
- The afternoon main talks and workshops
- Cos Michael, Emma – initial speaker, very informative
- Thriving at University (both facilitators), an inspiring talk by Emma Durman, handouts
- Loved Cos Michael and Rhi Lloyd-Williams. Both superb and inspiring.
- Workshops – these were pragmatic and resulted in me obtaining new skills.
- I am a parent of a young adult autistic person. I found both speakers and workshops interesting.
- An Autistic Guide to Creativity
- Workshops, Jules Robertson speech
- Life skills workshop – Simon's input especially but also the useful, practical advice. Emma Durman presentation
- Autistic perspective
- Getting on well workshop
- Anxiety
- Workshops, listening to Autistic experiences
- Improving alcohol support for people, Jules Robertson, Emma Durman
- Workshops – DBT + Autism, Emma Durman's inspirational talk
- Looking forward to listening and learning
- Tackle
- Workshop 1 Morning Session 1, Workshop 6 Morning Session 2, Workshop 11 Afternoon Session
- Learning about autism
- Emma Durman speaking in the beginning
- Speakers and workshops were equally beneficial
- All workshops were beneficial except the yoga. Loved hearing about Jules' story
- Emma Durman's speech was very moving. Loved the empowerment speech and the University one was very informative. Can't wait to see what this afternoon has to offer.
- Emma Durman's morning keynote speech reminded me of difficulties of individuals in the school system



- Listening to the different speakers

NEGATIVE COMMENTS

There were no negative comments.

Technical Appendix Three – What Could We Have Changed?

Catering	Venue and Signage	Timings	Other Comments	Workshops and Speakers
<ul style="list-style-type: none"> You could have had a selection of food/drinks in quiet room as the lunch hall was <u>ever</u> so noisy. This was a shame because I was really looking forward to listening to the harp in silence, but it just added another layer of noise. Unfortunately I was unable to eat much at lunch – not much variety The server knew nothing about which items in the buffet were vegan. Insist on clear labelling on the buffet next time please. 	<ul style="list-style-type: none"> Location is intimidating Venue was a bit too big and not enough usual direction. Got lost right at the beginning, registered my name. Not enough private seating area during lunch time. Mic was not used by speaker at other rooms. Food, direction, clearly labelled would be useful. Maybe more seating for lunch More locations maps/signs Signage – finding way about could have been helped with more visuals - 	<ul style="list-style-type: none"> Timings are difficult to manage at any event, but this was a tiny thing & really enjoyed the whole day, looking forward to the next one! Slightly longer break between workshop sessions for 'comfort break' and calm down Both plenary sessions started late and overran which had a bad knock-on effect on the workshops – the workshops should have been the main focus Delay in starting digital tech workshop. Ran over 	<ul style="list-style-type: none"> None N/A Nothing I was misgendered by one of the speakers, but it didn't ruin my day Knowing that friends, including even organisers had been 'cleansed'. Seeing the level of support that Jules Robertson had – the inclusion of autistic people with LD would have been appropriate Badges – I was wary about talking to people as I'm not used to looking out for badges and was afraid I'd accidentally talk to 	<ul style="list-style-type: none"> I enjoyed the yoga but it was quite in depth and I wasn't expecting it to be A workshop involves participation – not just listening with 5 minutes participation at the end. That's called 'a talk' Being more inclusive. More interaction in workshops – interaction was pretty much non-existent I found the session on physical activity quite difficult. I did not know where to go or how to queue. The room



Catering	Venue and Signage	Timings	Other Comments	Workshops and Speakers
<ul style="list-style-type: none"> Refreshments, although lovely, not particularly autism friendly. Seedy muffins and melon slices with seeds Bit more hot food? Desert? The fennel – I thought it was artichoke! Morfa Lounge was loud and the food wasn't very sensory friendly as there were bits in the muffins Only the catering – they ignored ASD's request for gluten-free food Food at break not great, muffins were too unpleasant to eat, spicy food, noisy room 	<p>also drinks & buffet would have been helpful to know what was what</p>	<p>time. 2nd session late as result.</p> <ul style="list-style-type: none"> Long day for those who are not used to such events – but I appreciate this is hard to change as a lot needs to be crammed in Not enough time spent on each topic 9AM start 	<p>a 'red' or 'amber' person</p> <ul style="list-style-type: none"> Too much talking for me to concentrate on & too many people No complaints at all! Nothing comes to mind Quiet room not being so far from lunch/main floor when events were taking place! Directed on arrival to main room or quiet area as an alternative to 'coffee area' for delegates with autism Very long registration period could have been better utilised More signs to where the bathrooms were. 	<p>was cold and the blower from the inflatables was very loud. It would be helpful if more thought could be done e.g. Splitting into groups, leading round activities etc.</p> <ul style="list-style-type: none"> Difficult to avoid but the spokespeople and some of the workshop sessions headed by non-autistic people felt wide of the mark. Perhaps better training in this case. Really noticeable that we enjoyed <u>all</u> of the talk from individuals with an autistic diagnosis. My opinion was that Vaughan Gething was too blasé! Same for Huw David!! Also



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			<ul style="list-style-type: none">• Handouts available for all workshop as only able to attend four workshops• Interpersonal Empowerment didn't quite hit the mark. Lunch busyness was off-putting. Escape rooms at lunchtime had green sash people talking in them, I went there for quiet!• Video screens were too bright – I couldn't look at them even with sunglasses on (projector screens were fine though)• Add a floor plan to the pack• Nothing, it was very good• Label tea, coffee etc. We had to guess. Rules set	<p>although lots of content, Emma's speech was too long. Need a professional to present and keep interest and variation.</p> <ul style="list-style-type: none">• Autism and eating – too much focus on parenting autistic children• Really did not enjoy the Holby City talk, not interesting at all. Not good.• The plenary talks went on for far too long which resulted in me withdrawing and becoming bored and tired.• Maybe a few more visual or interactive activities. The speech were a bit too long for my son!



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			<p>around questions during presentations to allow flow.</p> <ul style="list-style-type: none">• No interaction• More toilet breaks	<ul style="list-style-type: none">• Overuse of abbreviations• More time for speakers• Autism and eating. It felt a bit disjointed and very focused on children and what is or isn't 'normal' for them. Not really focused on eating difficulties in adults and how to cope.• Difficult to hear sometimes – microphones in workshops and Jules' film clips• Where we came from the venue was very inaccessible. Time speakers took could have been clear as it meant that other things were late and I had to leave early to get home. Gentle yoga



Catering	Venue and Signage	Timings	Other Comments	Workshops and Speakers
				<p>was <u>not</u> gentle. Things could have started on time.</p> <ul style="list-style-type: none">• An extra practical activity would have been good. <p>Interaction with Swansea City and Osprey teams were great. Introduction talk was too long for students.</p> <ul style="list-style-type: none">• More activities• Workshop 2 was boring and I lost track half way through

Technical Appendix Four – Further Comments

Catering	Venue	Timings	Other Comments	Workshops and Speakers
<ul style="list-style-type: none"> Wider choice of drinks for those who do not drink hot drinks. E.g. Squash, fruit juice. Venue kindly provided this upon request. Some workshops were a little rushed due to previous sessions overrunning. Food was good but some items would have benefited from labelling (contents of filled rolls) All food should be clearly labelled and identified – many autistic people have food aversions or anxiety about trying new/unknown food – also food was 	<ul style="list-style-type: none"> A smaller venue A map of how to walk here from the station would be useful Good planning ahead of conference was useful as it helped with getting used to an unfamiliar venue An idea could be to have larger workshop sessions as I found them too short. Including a map in the programme would have been useful. Others said this too. It was confusing finding the correct room 	<ul style="list-style-type: none"> Time seemed to be at a premium? Longer sessions Add 5-10 mins transition time between scheduled activities. People want to stop and talk/ask question in between and I think this is why some of them overran – they started late. The workshops would benefit from having more time allocated. Later start Event could have started on time as there was a panic if I was going to get home on time, 	<ul style="list-style-type: none"> Wonderful, Wonderful, Wonderful! Thank you! Being amongst so many autistic people was so lovely and freeing. This was a ground-breaking day of acceptance. Thank you so much! PLEASE DO IT AGAIN! Live streaming would be brilliant for those unable to attend Can't think of anything at present Too much use of person-first language, functioning labels, 	<ul style="list-style-type: none"> A session on reducing clutter would be really helpful Some workshops were a little rushed due to previous sessions overrunning. Food was good but some items would have benefited from labelling (contents of filled rolls) A positive was having workshops run by autistic people Talk about stats, physiological effects etc, plus how to recognise if you have an addiction + where



Catering	Venue	Timings	Other Comments	Workshops and Speakers
<ul style="list-style-type: none"> • quite unusual/complicated I think this event was underpublicized. I found out about it very late and I know lots of people who would have benefitted from it. Clearer labelling on food – especially vegan/vegetarian • More gluten/dairy free and vegan options for lunch • It was disconcerting to find an Autism Conference had little or no dietary considerations reflected in the catering provision. Liberty Stadium dropped the ball! • It would have been useful to hear about autism and sleep disorders. Labels on 	<p>as I had not been to the stadium before.</p>	<p>maybe speakers could have known how long to speak for. Maybe put somewhere accessible for people who don't drive. Maybe keep the speeches in the afternoon either shorter or not at all, by having them when the workshops could have just happened after lunch was just making the day/workshops shorter. I understand it's a conference but if you are having workshops there should be no need for speeches in the morning AND the afternoon. It just again like I</p>	<p>the term "ASD" (ASC would be preferred) and the word "normal" for non-autistic people</p> <ul style="list-style-type: none"> • The harp at lunch was nice but much too loud – shouldn't be amplified • Please confirm receipt of application more quickly • Billed as the first event of a new service, the deliberate exclusion of some autistic people is shameful and divisive. As such it is part of the problem, not the solution. PS All my kids and family agree, including 	<p>to go to get help. Keep it informative, less judgemental.</p> <ul style="list-style-type: none"> • Would be useful to state at the beginning that all material was available on web site. All the rooms were large enough for more people to attend the workshops – yet registration for some of them was closed. I admit I sneaked in at the back of the ones I'd wanted to do and I don't think I caused any issues. • It would have been useful to hear about autism and sleep disorders. Labels



Catering	Venue	Timings	Other Comments	Workshops and Speakers
<p>the tea and coffee please.</p> <ul style="list-style-type: none"> Tea was not readily available during breaks, had to wait which meant going to workshop late. There was a very restricted choice of food and drinks at lunchtime in particular. No fruit at lunchtime. Lots of bread rolls (unlabelled) and not much else. Not good for those with eating difficulties – common in autistic delegates. Food should be labelled. Tags on lanyards should be double-sided because they twist and then become stuck. I found the talk by Jules Robertson 		<p>said makes the workshops shorter. Also as most of the people here are autistic, the changes were annoying especially the time changes.</p>	<ul style="list-style-type: none"> one autistic 12 year old. Jules appears to have been the highlight of the conference, yet he needs a creative enabler – so why were people who weren't "high functioning" not allowed to attend this conference? Double standards, much? I think this event was underpublicized. I found out about it very late and I know lots of people who would have benefitted from it. Clearer labelling on food – especially vegan/vegetarian Be more inclusive, e.g. people with 	<ul style="list-style-type: none"> on the tea and coffee please. More workshops, going to say five not four. Also option of registering later on as could attend work rather than take time off. Getting things done very good Food should be labelled. Tags on lanyards should be double-sided because they twist and then become stuck. I found the talk by Jules Robertson extremely patronising and offensive. The workshops were very informative and helpful. Please



Catering	Venue	Timings	Other Comments	Workshops and Speakers
<p>extremely patronising and offensive.</p> <ul style="list-style-type: none"> • Food was really good. More places to sit and eat would have been useful. • Queued 5 mins+ for lunch, but when I got to the food 3 peeps, 2 in green tops, pushed right in and took their food whilst the queues were still there. I informed them, they said they were not part of the events but were working downstairs for the event, I do not know whether this was true, could just have been a free meal. 			<p>comorbidity, people from BME and with English not the first language. Many of my friends wanted to come but were excluded.</p> <ul style="list-style-type: none"> • May like to review feedback forms. Find it difficult to complete forms like this • Book the harpist again! He was wonderful! • More specific signposting to travel and parking facilities. Greater signposting at conference to services/charities that can assist autistic <u>adults</u> (as often for families only with children with autism/other co-current 	<p>continue with the good work.</p> <ul style="list-style-type: none"> • Good to have bilingual welcome pack but no use of Welsh in the conference – could/should have been at least one workshop in Welsh • I think the AM should have stayed beyond his speech at least throughout the morning as the keynote speech was very insightful • Lego to show creativity • I really enjoyed the speaking and introduction by Gerraint and Amara. They were down to earth,



Catering	Venue	Timings	Other Comments	Workshops and Speakers
			<p>conditions.) Not directly after the Newport ASD event – too much – better to have day in between!</p> <ul style="list-style-type: none">• It was absolutely brilliant and I am so glad I came. Thank you!• Have a 'buddy' corner so that those who have come alone, want to network but struggle, have a place to congregate• Some people are jerks in some places to take the mick out of autism	<p>welcoming and funny.</p>

Technical Appendix Five – Post-Conference Survey

What Was Learnt?

POSITIVE COMMENTS

- To embrace autistic creativity
- You can have a good life with the right support
- How beneficial formal conferences are for those with particular conditions etc. – rather than just for the professionals treating/working with them.
- Great to have a dedicated space to learn about and celebrate autistic Wellbeing; brilliant to share experiences and learning with other autistic people; hearing other people's stories and being able to relate to them, learn from them
- Tips for managing executive dysfunction and organising time

NEGATIVE COMMENTS

- That there is still no provision or support for ageing autistics who have spent their whole life trying to be valued. Having inspirational youth standing up saying you can achieve too if you set your mind to, it is heartbreaking for the adults who have spent their lives trying only to be met with discrimination throughout their whole adult life. I felt the event would have better suited 16-25 year olds, and not the 45+ age group
- That it is not good to discriminate and not include everything. There was an air of tension to behave in a certain way here (high functioning)



What Was Most Beneficial?

POSITIVE COMMENTS

- Workshops and networking with other autistic people
- Talk on alcohol
- Seeing benefit to the client I was supporting
- Meeting with other autistics. None of the workshops were relevant but it was a pleasure hearing from autistics on their topics in the workshops
- Emma from *Outside* was amazing, her talk gave me goosebumps, could relate to some of her experiences and it's empowering to know you're not alone
- The afternoon session on Organisation skills
- The yoga was good
- Eating/dieting workshop

NEGATIVE COMMENTS

- There were no negative comments

What Could We Have Changed?

Venue and Signage	Other Comments	Workshops and Speakers
<ul style="list-style-type: none"> • Better signage to workshops 	<ul style="list-style-type: none"> • Organisation prior - signing up for courses was confusing, as it was not clear what courses had been signed up for. A confirmation email after signing up for courses would solve this. Greater selection of refreshments available, e.g. cold drinks for those who do not like tea/coffee. • The fact that it wasn't inclusive to all adults with autism, some people were excluded, that made me uncomfortable. • Many surveys among autistic people have demonstrated that the majority prefer IFL 'autistic' rather than PFL 'person with autism' so it was disappointing, but not 	<ul style="list-style-type: none"> • Not having so much noise in the main buffet area, having actually autistic people speak on the topic of autistic employment. • Digital talk. Common sense really. Did not learn anything new. • Speakers using loud speakers made the main



Venue and Signage	Other Comments	Workshops and Speakers
	<p>surprising, to hear most professionals using PFL. Whilst recognising that it's a personal choice and individuals wishes should be respected it would be useful to look at https://autisticnotweird.com/2018survey/ as one example of opinion but there are lots of autistic views about this on social media, you don't have to look hard.</p>	<p>room very uncomfortable particularly given the chair's unapologetic shouting through the microphone.</p>

Further Comments

Other Comments	Workshops and Speakers
<ul style="list-style-type: none"> • Thank you for a fantastic opportunity - I hope this becomes a yearly event. • I felt the 'event' was geared more towards the young autistic adult and their carer. It was not really suitable for me. I am 50 and have spent my life trying to learn new skills to ensure I am of value to the workforce, yet I still meet discrimination and that was not really tackled as the general consensus is that if we work hard we can succeed, this meant I left the conference crying and feeling as though I have again been painted out to be the problem. Instead of having the positive attitude from neurotypicals telling us we can achieve if we try we actually need to occasionally hear about the discrimination we face or we end up running events where the autistic members leave feeling they have even less value than when they walked in. • I would suggest catering for all the spectrum of autistic conditions, this was poor show • The mixed messages we are receiving about autism include: autistic people are disabled and need blue badges (recent court judgement) but then it's a "gift that lets one see through lies", Greta T (in which case is it a disability at all?). But at this conference only non learning- disabled autistic people were 	<ul style="list-style-type: none"> • It was aimed at the higher functioning end of the spectrum, as a mum to two young adults at the lower end I left feeling very disheartened, it's great that the speakers were able to achieve so much, but it also emphasised how wide the spectrum is and how different it is at the lower end. • Real world strategies i.e. dealing with benefit tribunals etc. • Parents of autistic individuals to talk about how



Other Comments	Workshops and Speakers
<p>allowed - yet the main speaker had a one-to-one support worker which was necessary for him to be there. If autism is a gift and not an impairment then this conference excluded some autistic people because they were disabled.</p> <ul style="list-style-type: none">• Generally it was a good experience, thank you	<p>having an autistic child has changed/improved their life. Also talks on dual diagnosis of autism and mental health</p> <ul style="list-style-type: none">• The session on Information Technology was very negative and said nothing about autistic people's use of Facebook and Twitter for networking.