

# AUTISM AND NEURODIVERSITY

## A FOUNDATIONAL GUIDE TO SELF-ADVOCACY

Building your neuro-kin community.

### Overview

The online self-advocacy program is for people who are autistic or have similar neurodivergent traits, who would like to learn how to better communicate their needs with confidence.

Self-advocacy does not mean you need to do this on your own. Self-advocacy is best done in community, which is a key focus of these sessions. You'll make connections in a peer learning environment leading you to develop long lasting Autistic 'neuro-kin' connections.

These sessions have been developed in partnership with Autistic advocate and author Yenn Purkis who shares their lived experience knowledge covering:

- Introduction to autism and self-advocacy
- Knowing what works for you in your environment
- Education and employment
- Autistic social connections
- Accessing services
- Lived experience as a driver of change
- Practising advocacy
- Allyship

### How you will benefit

You'll have the opportunity to:

- Connect with individuals with similar experiences
- Gain comfort and confidence in sharing and expressing your true self
- Learn to harness your unique strengths and value your lived experience
- Learn to identify opportunities to embrace the wealth of knowledge gained from these discussions and shared resources
- Increase confidence to advocate for yourself and peers



Course content featuring insights and a wealth of lived experience and knowledge from Autistic advocate and author, **Yenn Purkis**.

**Pronouns:** They/Them  
[yennpurkis.com](http://yennpurkis.com)



### Your commitment

- Participate in a one-to-one casual conversation prior to the start of the sessions to establish a connection, align expectations, and determine if the program is a suitable match for you
- Meet virtually once a week for eight (8) weeks
- Participate in a one-to-one chat to acknowledge all that you've achieved
- Share your feedback and insights with our team to contribute to the continuous improvement of these sessions

### What you need

- Computer with internet access
  - Microsoft Teams application installed on the device\*
- \*We can provide assistance to set this up over phone as requested

### Cost to you

This program is **free of charge**.



Go to [feroscare.com.au/SelfAdvocacy](http://feroscare.com.au/SelfAdvocacy) or scan the QR code for more information or to express your interest.



Delivering the NDIS in your community