

Fiona Hollings

Lived Experience

1. How my autism diagnosis has helped me
2. How my treatment has been adapted for my autism diagnosis
3. Advice for working with the comorbidity

How my autism diagnosis has helped me

- Clarity and understanding
- People close to me understanding
- Adaptations to manage day to day

How my treatment has been adapted for my autism diagnosis

- Working with the need for routine and consistency
- Less pressure on variety of food
- Expectations
- Realising my recovered life is going to be different to a neurotypicals

Advice for working with the comorbidity

- Each person with the comorbidity will experience it in their own way
- Work with the strengths of the autism
- Communication
- Investigate whether the ED has helped the individual cope with autism related difficulties
- Aspects of conventional treatment may not work

Thank you