



Adapting to a late autism spectrum disorder diagnosis

An autism spectrum disorder (ASD) diagnosis in adulthood can be both a relief and a source of uncertainty, leaving you unsure about what might come next. Here are some ideas which may help you to adjust to your diagnosis and move forward with confidence and a positive mindset.



Practice self-acceptance and compassion

Be patient with yourself, allow yourself to feel the emotions and remember that you deserve compassion and understanding.

[Learn more about ASD](#)



Reach out to your support network

Join a support group to connect with other people who have experience with ASD and talk about your diagnosis with people in your life.



Look for reputable websites, books and articles written by experts, follow ASD advocates on social media, and keep up to date with the latest scientific studies.

Start to make changes

Think about behaviours or situations that you found difficult in the past and consider how these might have been impacted by ASD. Then make changes in your life and implement techniques to help you live with ASD more comfortably.

Consider seeking therapeutic support

Speak to your doctor about different types of therapy to help you manage overwhelming feelings, navigate life changes, and develop self-awareness and self-acceptance.



Toll-free: **0800 111 011**
Request a call back: ***134*905#**
Get in touch online: <http://app.lyrawellbeing.health/>
Your company code: **WES007**