

SUMMER 2024

THE EMPOWERING CONNECTION

Newsletter of the Autism Society of Greater Detroit



SUMMER OUTING PURCHASE TICKETS BY JULY 19

JIMMY JOHN'S
FIELD

Join us for a night of fun, entertainment & baseball!

Autism Society Greater Detroit
SUMMER OUTING

Group Perks Include:

- Game seating in Chevy Pavillion patio area
- Access to hot dog buffet, chips, cookie. *Food is served starting when the gates open for 90 minutes.* Each guest will receive unlimited soft drinks, lemonade, iced tea, and water.
- Group photo on the field
- Welcome message on the scoreboard
- Kids Run the Bases after the game
- Meet JJ the Field General, the bat dog
- Meet & Greet with a team mascot
- Free Parking



**SCAN HERE TO PURCHASE
YOUR TICKETS**

**AUTISM ACCEPTANCE NIGHT AT
JIMMY JOHN'S FIELD!**



UNICORNS VS. BEAVERS
THURSDAY, AUGUST 1
FIRST PITCH 7:05 PM
GATES OPEN 6 PM



BUY TICKETS @ WWW.TICKETRETURN.COM/AUTISMSOCIETY

This issue:

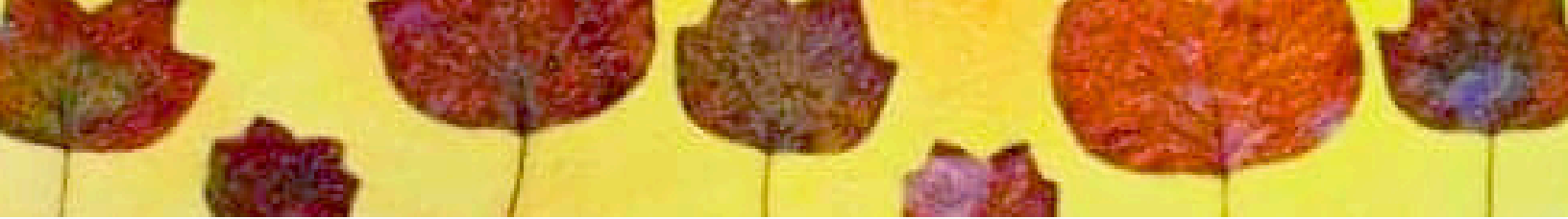
Summer Outing
PAGE 01

INTRODUCING
Older Adult Social Club
PAGE 02

Teach your kids how to
keep their rooms clean
PAGE 03

Advocacy Corner
&
Good Reads
PAGE 04

Living Healthy with Autism
&
Resource Spot Light
PAGE 05



INTRODUCING Older Adult Social Club



OLDER ADULT ASD MEET UP
1ST DATE IS JULY 24TH.

Receiving an autism diagnosis as an older adult, after years of possibly masking symptoms, may seem daunting — but it can also be a relief and a path to support.

Many older adults who were not diagnosed as children are now receiving, or seeking, a diagnosis. Because most autism research is focused on children, there is a lack of research & information about the needs of older adults with autism.

Because of this there is a glaring lack of support programs to address the challenges faced by an adult who receives a diagnosis late in life.

In Michigan more and more older adults are being diagnosed and asking for someone “who understands” to talk to. ASGD has received countless requests to set up a supportive environment for these individuals. We are proud to say that an OLDER ADULT Social Club is now forming.

If you are an older adult looking for a safe space to discuss your challenges, your ASD outlook on life, & your successes with people who are like you - join the new Meet Up group in the Tri-county.

This group is casual, offers peer support from individuals who are walking your walk and have personal experience in the same challenges. Led by a local retired Dr who is also diagnosed with ASD, this group is for ages 30+. Locations will be different than the 18-29 yr old social club currently offered, with a loose discussion group format to talk about relevant topics to participants.

1st meeting July 24th!

This group has reserved a small study room in the Ferndale Library.

They will meet bi-monthly from 5:00 - 7:00 PM on Wednesdays.

Library Address: 222 E 9 Mile Rd. Metered parking is available.

Email: AS.GreaterDetroit@gmail.com to join the email reminders list
& receive notice of all future dates

Teach your kids how to keep their rooms clean

In the past, “out of sight out of mind” worked well for me. If I don’t see how messy our rooms are, I’m not thinking about it. I don’t have to feel angry, annoyed, or overwhelmed about how messy everything is.

I will see a pile, taller than my youngest child of clothing no one in my home will claim and therefore no one will put away on the floor

Paying for the cleaning service and avoiding the upstairs

their rooms were insanely cluttered. They had piles in every corner, they had garbage on surfaces. They had a bunch of little messes, that had likely been there so long that they didn’t notice them anymore. I understood how this happened. I sometimes will have an empty vase or some bottles I meant to recycle cluttering up my counter for so many weeks that they start to blend into the backsplash and I just clean up around them.

shame in not being able to keep my house clean. I was angry and annoyed at my kids for not cleaning their rooms well. Yes, I knew they likely didn’t know how (remember the counter clutter I sometimes failed to see) but still I was just annoyed because I’m human.

I realized that the kids probably have too much of everything in their room to easily organize and clean. It was time for a purge. I knew this was likely to take a few days or longer and in the past the bags would get confused between- giveaway items and trash. Therefore I picked out three different color bags.

- The white ones would be for giveaway clothes, toys, and accessories they no longer needed or wanted.
- The black would be for trash, ie broken toys, pieces to games that no longer existed and who knows what else...
- The greenish would be for recycling all of those random pieces of paper, clothing tags, boxes, and other things strewn about.

I knew better than to expect the kids to be excited about cleaning their rooms, no matter how groundbreaking my new color-coded trash bag strategy was. So I thought, what do all of my kids love and always want more of? Money!! I told each child I shared my strategy with the colored-coded trash bags AND that I would pay them \$1 per bag brought downstairs. Amazingly enough, no one whined about this plan or my request to do a deeper cleaning of their room. Because:

- I motivated them with money
- I gave them a clear strategy, ie filling up each bag
- I suggested they do a little each day

TRY IT OUT WITH YOUR KIDS

Excerpts Paraphrased from an article by [FRANKI BAGDADE M. ED. LLMSW](#) (see full article here)



ADVOCACY CORNER

Michiganders with disabilities are strikingly underemployed; in 2022, the unemployment rate for persons with disabilities was more than twice that for those without a disability—7.6% versus 3.5%. Yet study after study demonstrate that PWD are a valuable source of labor talent. From wheelchair-bound security guards to coders with autism, these workers bring unique skills, improve workplace culture, and draw in new customers.

In 2023 the [CSW Report](#) summarized that while PWD want to work, experiences interacting with SSI benefits, workforce intermediaries, and employers are often laced with prejudice and judgment. Participants want access to the same quality jobs that their able-bodied peers but Social Security Income (SSI) and health care access also influence one's motivation in seeking employment.

SSI's low asset limits combined with meager cash benefits are [leaving 4 in 10 beneficiaries in poverty](#). People with disabilities live in poverty at more than twice the rate of those without disabilities. Its time for legislation to change with the times and be supportive to today's worker with disabilities.

LEARN ABOUT MICHIGAN'S EFFORTS TO HELP PASS THE SSI SAVINGS PENALTY ELIMINATION ACT. [CLICK HERE](#)

The Supplemental Security Income (SSI) program was designed to combat poverty among people with disabilities, but the program's outdated rules do just the opposite—forcing people to live in poverty to qualify for monthly assistance.

The SSI Savings Penalty Elimination Act would raise the SSI asset limit to \$10,000 for individuals & \$20,000 for married couples.

Darcy Milburn of the ARC said "Raising the SSI asset limit is one of the most important things we can do right now to improve financial security for millions of older adults and people with disabilities. The current asset limits trap people in poverty, create barriers to work, and make financial independence virtually impossible."

[ADVOCATE FOR CHANGE : HELP GAIN SUPPORT FOR THE ACT](#)

An article from the Medscape Medical News: Some [15%-20%](#) of the world's population are neurodivergent, with conditions such as autism, dyslexia, Tourette syndrome, attention-deficit/hyperactivity disorder ([ADHD](#)), and others. With different strengths and challenges around learning, engaging socially, or completing certain tasks, neurodivergent people can face barriers in the workforce.

Although autism can sometimes be diagnosed [as early as 18 months](#), it's not uncommon to receive a diagnosis well into adulthood. "Like many late-identified autistic adults, I got my autism diagnosis in the context of autistic burnout," says Melissa Houser, MD, a primary care physician who received a diagnosis in 2021. Houser, who uses the pronouns she/they, explains that her experience is common, "a consequence of chronically having your life's demands exceed your capacity."

*By Cassie Shortsleeve READ THE WHOLE ARTICLE [here](#).

A Good Read

[SEE THE MEDICAL WORLD THROUGH NEURODIVERGENT DOCTORS EYES](#)



LIVING HEALTHY WITH AUTISM

An Autism diagnosis is hard, but it's hardly a death sentence. Plenty of people on the Autism spectrum can live fulfilling, happy, successful lives. Living a healthy life with Autism involves a multifaceted approach to wellness. It's not just about physical health, but also optimizing mental and emotional wellness.

Maintaining a well-balanced diet is important as nutrition can play a significant role in managing symptoms and promoting overall health. Some individuals have food sensitivities or restrictive eating habits, working with a dietician or nutritionist can help create a balanced diet plan that also accommodates these challenges.

Physical activity is also fundamental to maintaining a healthy life. Regular exercise can help manage symptoms such as hyperactivity, aggression, or self-harming behaviors often encountered with Autism. In addition, exercise improves the overall physical wellbeing and mood.

The following are some excellent orgs to help anyone with Autism live a healthier life in MI:

Avenue Runners

provide a continuous opportunity to exercise and socialize in an inclusive and supportive environment. They use weekly group runs/walks as a means to welcome all into to the Metro Detroit's running community and build fellowship. They also strive to give back to the community through volunteer work at local races and charitable organizations.

They recently donated to the ASGD and helped spread word of our services.

Visit their [website](#) or look them up on [FB](#)



TEAM GUTS

is committed to improving the health, fitness, and overall well-being of those in our community with special needs and disabilities.

They offer various adaptive fitness programs in a fun and recreational setting. With some of the kindest volunteer staff we have seen in MI, this nonprofit offers Camps, Martial Arts, Cardio Dance Fusion, & one-on-one training for those individuals that are not comfortable in a group setting.

Visit their [website](#) or look them up on [FB](#)

Living Well With Autism

is an online resource that provides parents and caregivers with ideas, and free or inexpensive resources for living well with autism.

Here, you will find social stories, visual helpers, tips, and recommended resources.

Visit their [website](#) or look them up on [FB](#)