

AARC- Fall 2023 Newsletter



Hello, AARC Subscribers!

It's hard to believe that October is already here and summer is behind us. Before you get out your snow shovels and mittens, we get to enjoy Alaska Fall!

This time of year brings many changes as our weather and changing daylight affect outdoor activities. In order to help you to prepare for these changes, we have gathered a few resources for you in this edition of our newsletter. You can learn more about why autism is a spectrum, improve your understanding of the sensory system by exploring a fun glow-in-the-dark activity, and read about some of our new resources.

The AARC team truly wishes you the best fall and wants you to know we are here to answer your questions. If you would like to suggest a newsletter topic, you can email us [here](#).

“The weather just went from 90 to 55, like it saw a state trooper” - Unknown

- John Barrowman, AARC Grant Coordinator



Photo: Paging SuperMom

Sensory Sensation

Featuring: Glow-in-the-dark bubbles!

Just in time for Halloween, this sensory delight is a fun and spooky edition.

You will need:

Non-toxic glowsticks OR

Highlighters

Bubbles

[Click here for instructions.](#)

Sensory processing is how a person receives and processes sensory information from the world around them. Glow-in-the-dark bubbles support the tactile system and the visual system.

The Tactile System is how our skin experiences and senses things such as temperature, touch, and pressure.

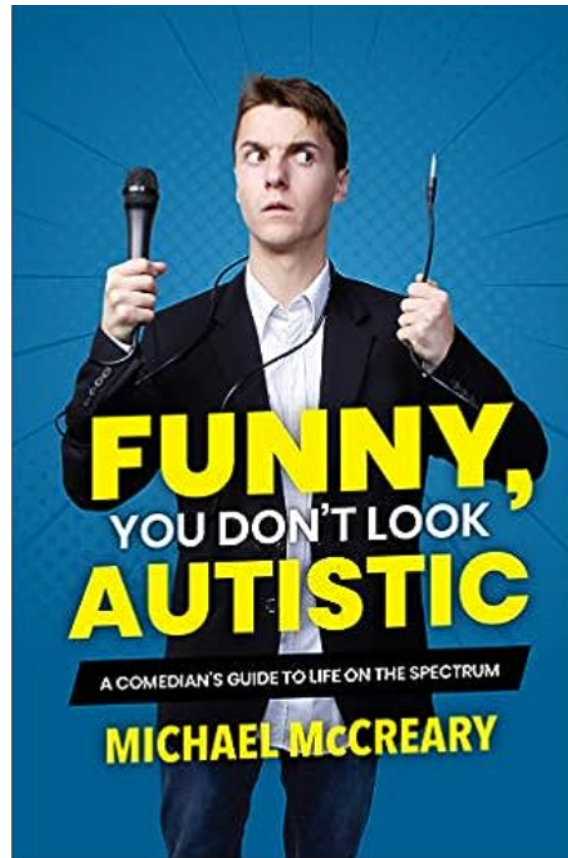
The Visual System is how our eyes process and receive visual information such as color, 3-D, location, and depth.

Autism is a Spectrum

We hear "autism is a spectrum" a lot, but what does it mean? Let's start with defining a spectrum. A spectrum is a sequence of colors created by the separation of light. Autism is a rainbow of colors that together creates a community.

The Diagnostic Statistical Manual -V (DSM-V) established levels of support (1-3) that correspond to the specific diagnostic criteria. For more information on the levels and the DSM-V, please [click here](#).

Autism is a spectrum because autism is experienced differently by each individual person diagnosed as autistic (Autism Society, 2023). For more information from the Autism Society, [click here](#).



Looking for a good read? Check out this personal memoir filled with truth, humor, and personal experience!

Now available at the Anne Freitag Library at SESA!

Funny you don't look autistic: A comedian's guide to life on the spectrum. By Michael McCreary.

[Click here for more information.](#)

Screening & Diagnosis

The process of screening and diagnosis can be emotional. Whether you are a parent seeking a diagnosis for a child or an adult deciding to confirm your suspicions, knowing what to expect might be helpful. Below, you will find information designed to support you through the process.



Organization for Autism Research (OAR) offers a free downloadable guidebook for families. A Parent's Guide to Assessment provides information on the language and tools used.

[Click here to get your copy today!](#)

Autism Speaks offers a free downloadable guide for adults seeking information and resources for screening and diagnosis. This guide offers a sequence of steps with recommendations for seeking an autism diagnosis. The best part, autistic adults created the guide!

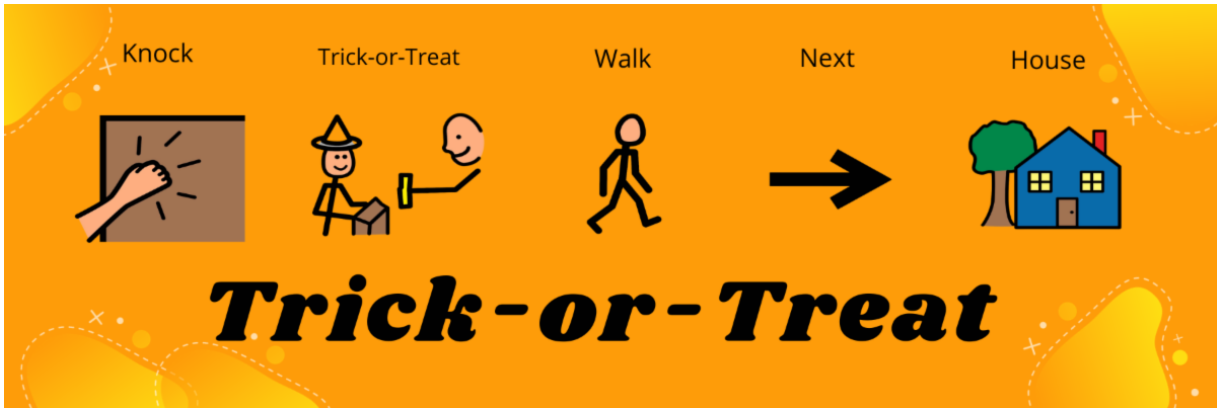
[Click here to get your copy today!](#)

Visual Support

Visual supports provide support for someone who has difficulty understanding language or communicating. Visual supports can include drawings, written words, photographs, objects, and more.

Prepare for trick-or-treating with this fun visual support!

Created by the Alaska Autism Resource Center (AARC)



AFN 2023 ANNUAL CONVENTION
OUR WAYS OF LIFE



#OurWaysofLife #2023AFN

2023 AFN Convention
October 19-21, 2023
Anchorage, Alaska

**The Alaska Autism Resource
Center (AARC)**
at
**The Alaska Federation of
Natives (AFN) Conference!**

AFN will be hosting the 2023 conference in Anchorage this year! The event is on October 19th - 21st. The AARC will be there connecting and sharing autism information and resources. Please stop by our booth!

[Click here](#) for more information about AFN 2023!



Alaska Autism Resource Center

**Alaska Autism
Resource Center
(AARC)**

Supporting autistic individuals, their families, caregivers, and service providers across the state of Alaska!

[Click here](#) to visit our website and access free resources!



Disclaimer

The Alaska Autism Resource Center (AARC) recognizes that there are conversations and passions between the use of person-first language (i.e., "person with autism") and identity-first language (i.e., "autistic person") in relation to autism. In order to respect the diversity of voices within the Alaskan community, the AARC will use both terms interchangeably but will endeavor to use the preferred language in direct communications upon request.
