

DIAGNOSIS AS AN ADULT



WHAT NOW?

Diagnosis can be a signpost to help you find your way on your journey of self-discovery. At the West Cheshire Autism hub, we will support you on this journey, helping you to find the information and services you need.



TIME TO PROCESS

Give yourself plenty of time to process and explore diagnosis. Diagnosis can raise personal and emotional experiences.

Diagnosis can trigger different feeling such as: relief to finally have an explanation, or anger at years of not having the support you needed.



MOVING FORWARD

Learn about what autism means for you. We can: support you to develop strategies building on your strengths, help you with the things you struggle with.

" I AM ME-AND THAT IS OK. I AM OK."

(Collins, taken from Autangel handbook.)

