

# 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 feelings 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.)

