

# Autism Acceptance Week

Read about Ella's experiences with Autism, on Autism Acceptance Week

## What is Autism Acceptance Week?

The event promotes acceptance of autism and helps improve the lives of autistic children in the UK. This year, World Autism Acceptance Week is back from 27 March – 2 April 2023! Our theme for 2023 is colour, and we have a new virtual challenge, the Spectrum Colour Challenge; a new in-person event, the Spectrum Colour Walks; and lots of ideas to get your fundraising off to a colourful start.

## What is Autism?

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK.

## How does having Autism affect me?

Having Autism affects me because I like to have a routine that I follow, for example, I know that every morning I wake up at 7:00 am for me to be able to get ready for work in time. If my routine doesn't go well that morning, my day can sometimes not go well also. Also, I find airports overwhelming because of all the machines and I do not like change.

## What does my routine look like?

I have a routine that I like to stick to because it ruins my day if I do not follow a routine. My routine is:

- **Waking up** – I like to wake up and get ready at 7:00am to make sure I am ready for the day.
- **Do morning medications** – I take my medications at 7:30, this is including any insulin that I need. This is important because I am Type 1 Diabetic.
- **Breakfast and Brew** – I have a brew and some breakfast at 8:00 am.
- **Leave for work** – I leave for work at 9:00 am. I make sure my bag is all done the night before.

**Who wrote this blog?** – This blog was written by Ella, who is from Happy Smiles Training CIC.