

Autism as a Dynamic Disability

Autism is a “dynamic disability”. What this means is that capacity and functioning are not concrete and may fluctuate depending on factors such as:

- Environment
- Cognition
- Executive Functioning
- Processing Capacity
- Anxiety
- Intro/Exteroception
- Neuro-Fatigue
- Communication Differences
- Burnout
- Sensory Overwhelm

Source: Neurodiversally Unbroken, 2021 from “Advice for teaching students on the Autism spectrum - Queen Mary Academy

This means that autistics may be capable of a task one day but unable to perform the task on another day.

SPOON THEORY

A metaphor describing the amount of physical or mental energy that a person has available for daily activities and tasks and how it can become limited.

SUPPORT THROUGH A DYNAMIC DISABILITY LENS

- Recognize and acknowledge that autism is a dynamic disability and not static.
- Recognize that the “Functioning Levels” are based on a deficit model. These, too, will fluctuate.
- Recognize and support “Spoon” conservation and management.

MORE INFORMATION ON AUTISM AS A DYNAMIC DISABILITY CAN BE FOUND AT:

@Neurowild “Autism as a Dynamic Disability”
@spooniesage
Neurodiversally Unbroken, 2021

CONTACT US

- ✉ JourneysWithPDA@gmail.com
- 🌐 JourneysWithPDA.com
- 📘 Facebook.com/JourneysWithPDA
- 📷 @Journeys_With_PDA

