Your Survey Results

- In December, 2021 we sent out a survey asking for feedback on AuSM's services and resources
- 87 community members responded to our survey, with additional participants in our listening session
- Participants responded to 10 survey questions in multiple choice and open ended formats
- We received a wide variety of responses both positive and negative
- These survey responses were shared with the AuSM leadership team to help guide our programming for 2022

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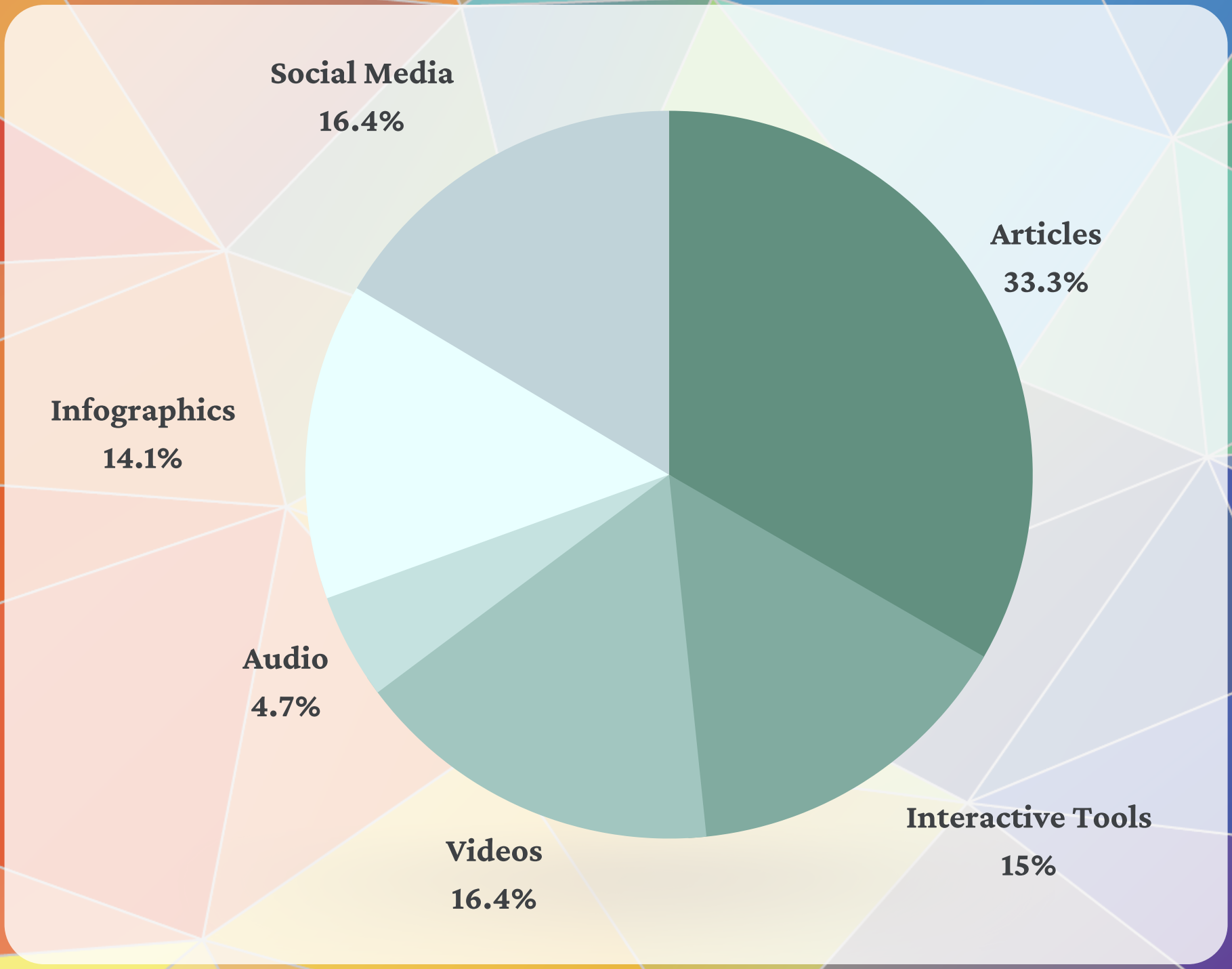
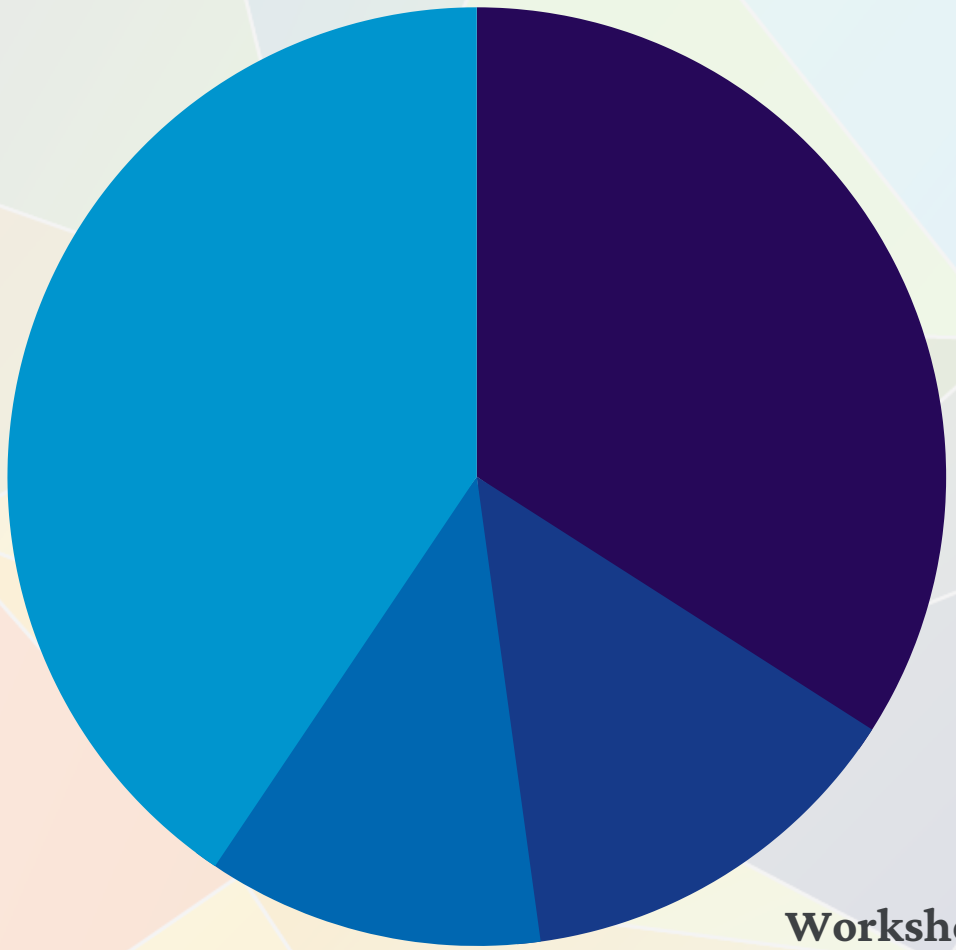
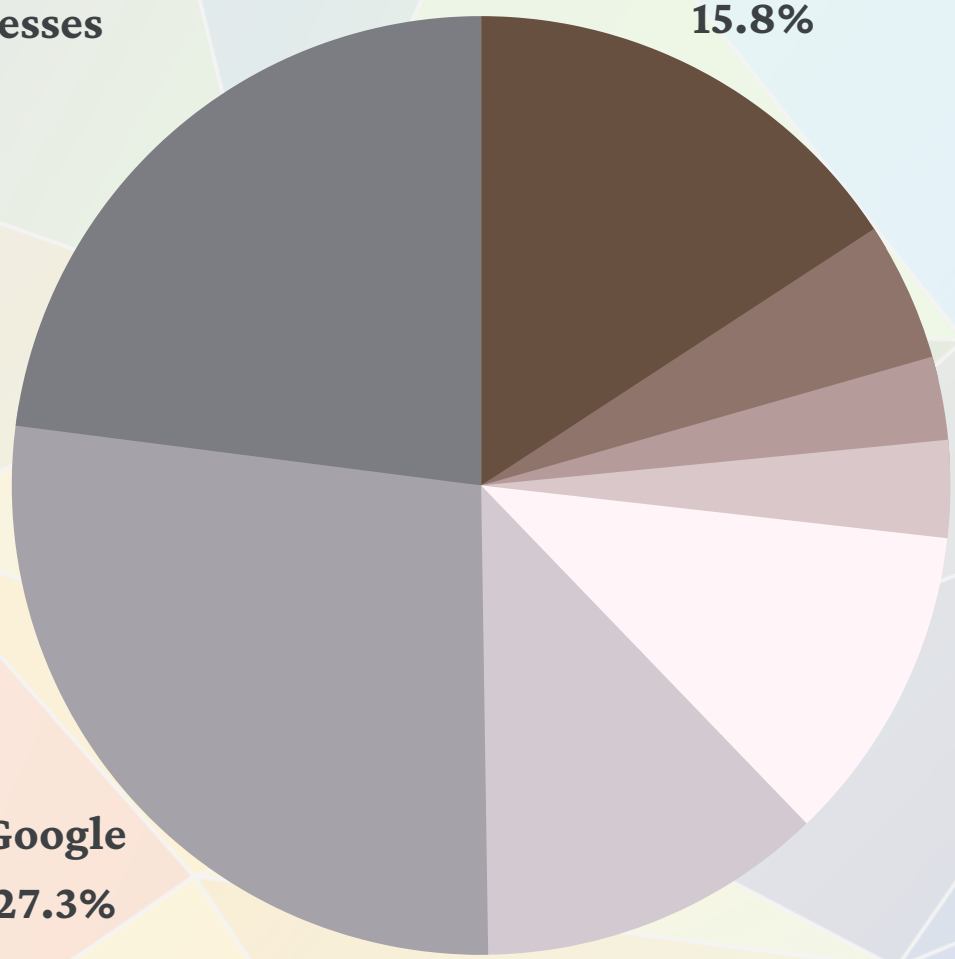
You prefer resources in these formats:



The types of resources you find the most valuable:



You get your autism information from:



Some topics you want to hear more from us:

- ABA
- Evidence based resources
- Bullying
- Networking
- Picky eating
- Adulthood
  - Adult children
  - Women
  - Friendships
- Employment
  - Day programs
  - Working in the community
  - For professionals
  - Social skills for employment
  - Vocational rehab
  - Job coaching
- Housing Options
- Burnout
- High school/transition age
  - Peer relationships
  - Working with this age
  - Parenting
  - Curriculum ideas
- Faith communities
- Stories of diverse individuals and families
- Reading instruction
- Co-morbidities
  - Epilepsy
  - Learning challenges
  - Food allergies
- New diagnosis (especially adults)
  - Explaining to others
  - Working with school or family to explain
- Early intervention
- Behavioral problems
- Substance abuse

We were excited to realize we had resource related to many topics you requested.

- Family dynamics
  - Celebrating Interdependence: Building Traditions
  - Celebrating Interdependence: Sibling resources
- Relationships
  - Celebrating Interdependence: Healthy Relationships
  - AuSM Skillshop: Online Dating: From Profile to Potential Relationship
  - AuSM Skillshop: Communicating Consent and Boundaries
- Emotion Regulation/mental health
  - Self-Care Toolkit
  - Breakout sessions at the 27th Annual Minnesota Autism Conference
- Sensory Needs
  - Celebrating Interdependence: Sensory Schedule
  - Breakout session at the 27th Annual Minnesota Autism Conference
- Employment
  - Breakout session at the 27th Annual Minnesota Autism Conference
- Someone to call for support
  - Information and Resources line: 651.647.1083 or info@ausm.org
- Guardianship
  - Breakout session at the 27th Annual Minnesota Autism Conference
  - Yearly Skillshop

We were excited to realize we had resource related to many topics you requested.

- Financial Planning
  - Breakout session at the 27th Annual Minnesota Autism Conference
- Neurodiversity movement/Autistics as Experts
  - Autistic Community Summit
  - Keynotes and Breakout sessions at the 27th Annual Minnesota Autism Conference
- Self advocacy
  - Autistic Community Summit
  - AuSM Advocacy Committee
  - Self-Advocacy in Action Class
- Independent living skills
  - AuSM Skillshop: Food and Function: Mealtime Solutions When Executive Function Isn't On the Menu
  - AuSM Skillshop: Cookable Kitchen
  - Breakout session at the 27th Annual Minnesota Autism Conference
- Social Skills
  - AuSM Social Skills Classes
  - AuSM Summer Recreation
  - AuSM Skillshop: Creating Autistic-Friendly Social Spaces
  - AuSM Summer Camps
- Aging
  - Breakout session at the 27th Annual Minnesota Autism Conference

The barriers and challenges our community faces:

- Normalizing needs
  - Knowing how to explain
  - Being accepted
- Financial resources
  - Cost of programs
- Stigma and bullying
- No supports for what I need
- Multiple autistics in family
- Lack of resources outside of the Twin Cities
- Different presentations of autism
- Building connections/finding social groups:
  - Finding friends when nonverbal
  - Not enough community activities
  - Safe places for socialization
  - Social etiquette
  - Isolation
- Staff not helpful or not available: hard to find the right provider or train staff, many providers don't have expertise
- Helping teachers understand
- Transportation
- Can't come to in person events
- Don't like Zoom
- Executive function
- Expressing emotions/wants/needs
- Want alternatives to therapy or info on how to use therapy
- Lack of guidance
- No services outside of school
- Sensory needs
- Accessing healthcare
- Not enough adult resources
- Housing
- Time
- Understanding services and how to access them (e.g. MNChoices)
- Early intervention
- Employment
- Learning independent living skills

Our Takeaways

- We can always do better at providing more accessible. resources: lower cost, in more locations, to more people
- We need to address loneliness and isolation in our community.
- We have incredibly diverse community members with diverse needs: no one feels that their needs are being met adequately. We must focus on universal design to support the most community members well.
- There are SO many areas we could grow: community members mentioned dozens of services and resources they would like to see us offer. As we begin to build back up after pivoting in response to COVID, we're excited to think about how we can meet these needs.
- The best thing we can do is continue to listen to you, our community!