

Ask us about us!

Ask US about insiders' views of
autism spectrum differences

ASK US about the needs of adults
on the autism spectrum

ASK US about autism-friendly
supports and strategies

ASK
TRUST
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ASK Trust

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ASK
(Autism Spectrum
Kiwis) Trust:

'Support, information
and inspiration from the
inside out'

ASK is a Charitable Trust run by and primarily for New Zealand adults on the Autism Spectrum (AS)



ASK Trust currently offers:

- **for independent AS adults** (self-identifying or formally diagnosed): peer-support groups, newsletters, library, 'autism alert' cards and workshops for personal development and life skills
- **for the wider community:** information from our unique blend of professional and lived experience of AS through our library, talks and training, and ASK-authored booklets on AS issues where resources are otherwise lacking.

The name *ASK* (Autism Spectrum Kiwis) reflects growing recognition of the importance and value of *ASKing Us*: consulting those of us on the autism spectrum, about all autism issues.

ASK Trust endeavours to foster:

- understanding of AS among whanau, professionals and wider public, informed by our lived experience, to combat stigma and replace inaccurate stereotypes and outdated myths
- acceptance of our unique AS differences
- ways of helping AS adults live to our fullest potential: for instance by using our strengths to circumvent areas of difficulty, rather than trying to 'change who we are'.

The Autism Spectrum (AS) embraces a range of conditions formerly known as Autism, Asperger's Syndrome, PDD (Pervasive Development Disorder) etc., now all classified as ASD (Autism Spectrum 'Disorder' – or, as we prefer, 'Difference').

There are many views on cause and most typical features. Most agree it is a neurological difference affecting:

- social interaction
- communication
- style and flexibility of thinking
- sensory experience (eg hypo and hyper sensitivities to sound, touch or light)
- executive function which includes:
 - control of impulses and emotions
 - attention issues
 - organizational styles (range from highly structured to chaotic).

Mission Statement: 'We offer support, information and inspiration from the inside out.'