

DO YOU WORK WITH CHILDREN & FAMILIES WHO ARE NEURODIVERGENT?

Autism is a highly heritable condition. If a child receives a diagnosis, there is a high likelihood that one or both of the parents will have a similar neurotype.

There is an ongoing evolution in the understanding and diagnosis of Autism.

We have a picture in our minds of what Autism "looks" like, but that is only a stereotypical external presentation.

Autism is largely misunderstood, especially in women, because much of the experience is internal and invisible.



AUTISM IN ADULTS



UNDIAGNOSED

Many Autistic people who reach adulthood are undiagnosed. One common path to learning about their neurodivergence is through their child's diagnosis.



SENSORY PROCESSING

Sensory demands during parenting are high. The majority of Autistic individuals experience sensory processing challenges, making new parenthood overstimulating and sometimes debilitating. This impacts their full engagement in parenthood and daily life.



POSTPARTUM DEPRESSION

Both mothers and fathers who are Autistic or have ADHD are at a higher risk of developing a Postpartum Mood and Anxiety Disorder after the birth of a child.



IMPACTED LIFE AREAS

- Emotional wellness
- Physical health
- Sleep
- Self-care
- Socialization
- Childcare
- Leisure
- Work



HOW YOU CAN HELP

When a child or parent receives a Autism diagnosis, you have the opportunity to share resources related to autism identification and access to services.



I am a late-in-life diagnosed Autistic and ADHD'er and bereaved mother to two living children.

As a neurodivergent coach, I use my personal experience and education as a doctor of occupational therapy to support neurodivergent adults in improving their quality of life through a holistic approach.



CREDENTIALS

Doctorate, Occupational Therapy
Master's Degree, Occupational Therapy
Perinatal Mental Health-Certification (PMH-C)

www.drkileyhanish.com

HOW I SUPPORT CLIENTS

- Exploration of their neurotype
- Increased self-awareness of sensory system
- Nervous system regulation
- Time management
- Daily routines and habits
- Meal planning and preparation
- Sleep habits
- Reduce stress and overwhelm
- Energy management
- Social connectedness
- Management of co-occurring chronic conditions
- Navigate employment environments

MY APPROACH

- Person-Centered
- Holistic
- Strengths-Based
- Solution-Focused

DIFFERENT THAN THERAPY

- Sensory systems education
- Nervous system regulation
- Daily life management
- Energy conservation skills
- Goal setting and support