### 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



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



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**

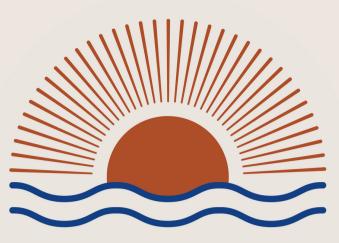
Both mothers and fathers who are Autistic or have ADHD are at a higher risk of developing a Postpartum Mood and Anxiety Disorder after the birth of a child.

### IMPACTED LIFE AREAS

- Emotional wellness
- Physical health
- Sleep
- Self-care
- Socialization
- ChildcareLeisure
- 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.



# **DR. KILEY HANISH**

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



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