

# Programme 7 – Neurodiversity

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**Research:** Rebecca Armstrong

**Presenter:** Val Ockenden

**Produced by** Louise Ratcliffe and FreeFM89.0

## Guests

### Paula Jessop

Paula Jessop is an autistic woman who advocates for ‘radical acceptance’ of autism as a valid type of neurological difference and supporting autistic people through strengths-based methods. She has been a member of a range of autism reference groups most recently including a Te Pou group aimed at formulating an autism skills framework for the disability workforce. Along with being a founding member of the Consumer Reference Group, Paula works with Altogether Autism in an advisory role as an autistic advocate.

Paula has strong connections with Autistic communities and works as an independent autism mentor through her own business Autism Insights as well as working for Enrich+ co-facilitating an autistic youth group and supporting disabled people living in community. Paula also gives ‘lived experience’ workshops for Altogether Autism or Autism Insights aimed at assisting parents and professionals to understand autism from ‘the inside’.

### Jason Edgecombe

Jason Edgecombe is an entrepreneur, speaker, mentor, gamer, martial artist, medieval reenactor, husband and father and has high-functioning autism. Jason is the founder and a mentor at One Unique Minds (formerly Breaking the Label), a Tauranga-based organisation that offers one-on-one and small group mentoring and personal development to people on the autism spectrum. The aim of Jason’s peer mentoring service is not to help people manage or accept their ‘special needs’ and its limitations, but to identify and develop the strengths and amazing talents that each person on the spectrum has to offer.

## Programme Synopsis

- The language around neurodiversity
- Acceptance and celebration of neurodiversity

## Music

**“Bird set free” by Sia**

## Links

[One: Unique Minds article in NZ Herald](#)

[Jason Edgecombe TedX talk](#)

[Paula Jessop's Blog](#)

[www.parent2parent.org.nz](http://www.parent2parent.org.nz)

<https://altogetherautism.org.nz/>

<http://www.enablinggoodlives.co.nz/>

<https://carematters.org.nz/> or 0508 236 236 freephone service for carers

