

# Programme 8 – Girls and Autism

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**Research:** Rebecca Armstrong

**Presenter:** Val Ockenden

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

## Guests

### Rachael Wiltshire

Rachael Wiltshire found out she was an Aspie when she was 12, and graduated Dux of Samuel Marsden Collegiate School in 2012. Rachael has completed four years of study at university majoring in History and Earth Sciences, and is currently studying dance fulltime (or was, until she tore a ligament in her ankle- hopefully surgery will be able to fix that, and she'll head back to dancing next year). She hopes to become a dance teacher, a secondary school teacher, or ideally, both. Rachael currently works part-time tutoring high school students and teaching dance. She particularly enjoys being a dance tutor for StarJam, a charity that provides dance and music workshops for children and young people with disabilities. Rachael tour guides at the Great War Exhibition, combining her interests in history and performance. Education and autism are two of her special interests, and she enjoys sharing her own experiences as a student in the hope that this will help others successfully navigate the education system. Rachael has presented at the Altogether Autism conferences in Auckland in 2015 and 2017.

## Programme Synopsis

- Girls and women are not diagnosed with Autism as often as boys and men
- The difference in how Autism presents in girls compared to boys
- How we can support the families around these girls and women with Autism

## Music

**“Who I am” by Jessica Andrews**

## Links

**Girls vs boys brain development, impulse control etc**

<https://www.nature.com/articles/srep07272>

<https://link.springer.com/article/10.1007/s40473-015-0031-8>

<http://psycnet.apa.org/record/2011-00025-004>

**Women on the Autism Spectrum**

Jennifer Cook O'Toole <http://asperkids.com/about-us/our-creator/>

Liane Holliday Wiley <http://www.aspie.com/>

Temple Grandin <http://www.templegrandin.com/>

[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

