

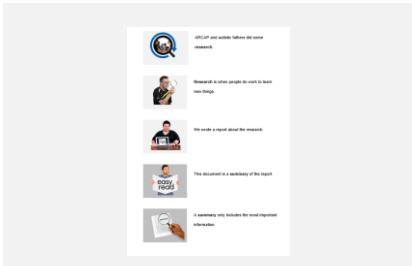


What it is like to be an autistic father

Aspect Research Centre for Autism Practice



Bold words

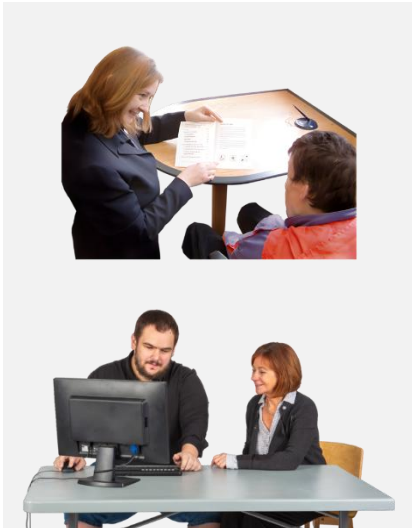


Some words in this document are **bold**.



We write what the bold words mean.

Help with this document



You can get someone to help you

- understand this document
- find more information.



Contact information is at the end of this document.

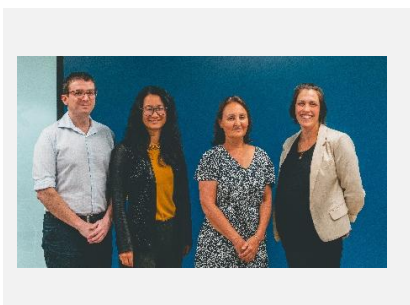
About this document



This document is from the Aspect
Research Centre for Autism Practice.



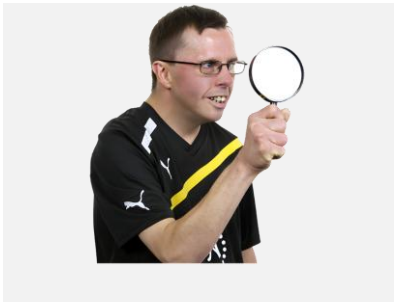
We are called ARCAP for short.



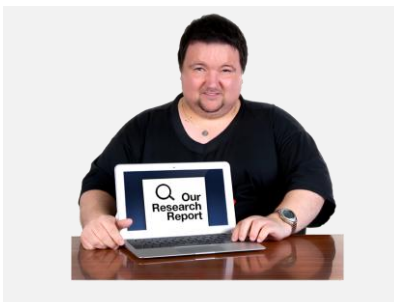
When you see the word 'we' it means
ARCAP.



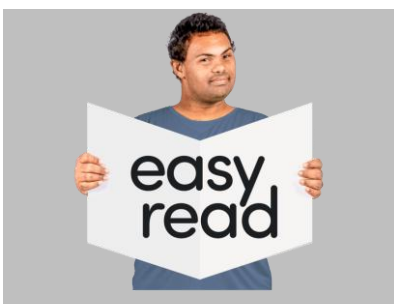
ARCAP and autistic fathers did some **research**.



Research is when people do work to learn new things.



We wrote a report about the research.



This document is a **summary** of the report.



A **summary** only includes the most important information.

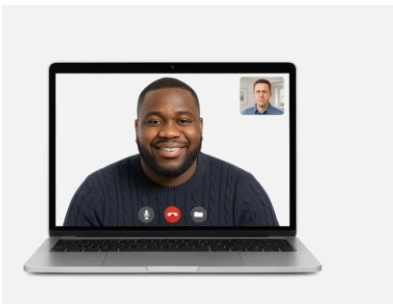
What this research is about



We wanted to know what it is like to be an autistic father.



We did interviews with 19 autistic fathers.

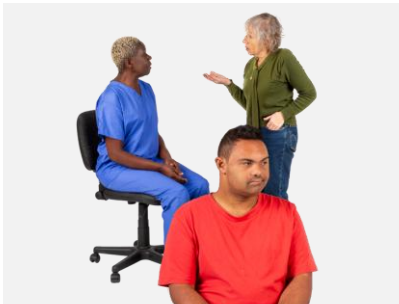


An **interview** is when one person asks another person questions to learn more about them.

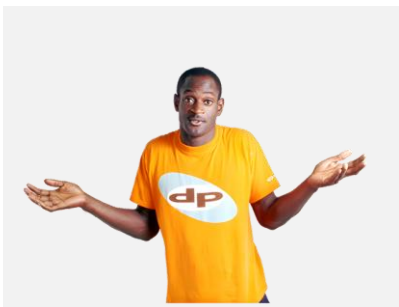


The fathers lived in Australia.

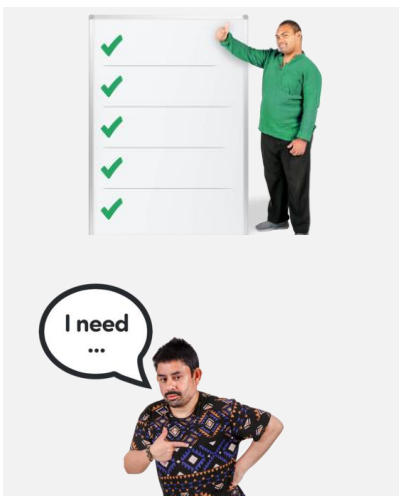
Why this research is important



Autistic fathers are often left out of research.



This means we do not know what it is like to be an autistic father.



We do not know

- the things autistic fathers are good at
- what supports and services they need.

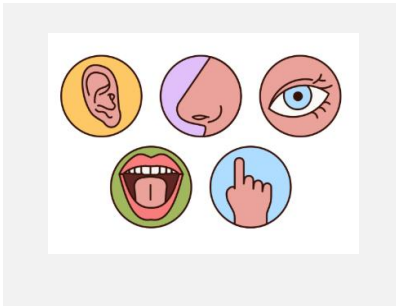


The autistic fathers talked about

- what it is like to be a parent
- what they are good at
- what things are hard for them
- their feelings
- supports and services
- their children
- their **partners**
- their **sensory** needs.

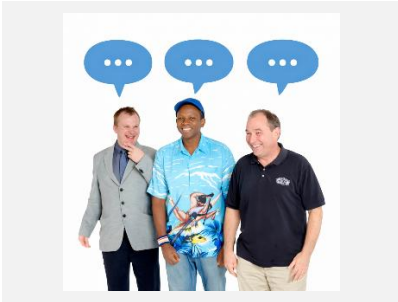


A **partner** is a person you have a relationship with.

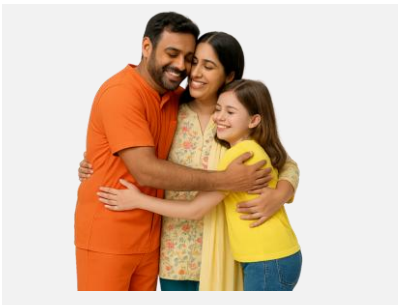


Sensory means how we see, hear, touch, taste and smell.

What did the research show?



Many of the autistic fathers said the same thing.



Being an autistic father made them feel happy.



They liked sharing **interests** with their children.



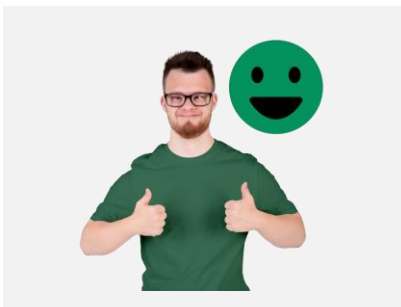
Interests are things that people enjoy doing.



They liked watching their children grow up.



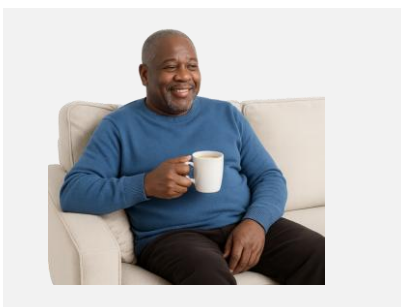
Being a parent helped autistic fathers learn about themselves.



Being a parent helped fathers to like being autistic.



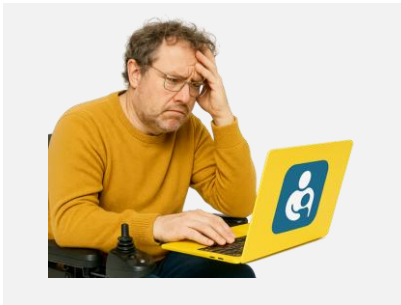
Autistic fathers worked hard to look after their family and themselves.



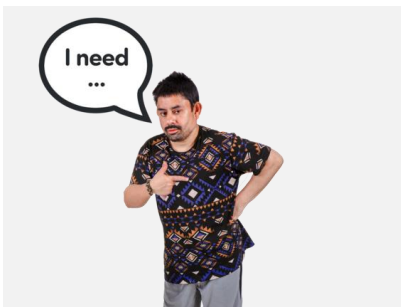
They needed quiet time to feel good.



It was important for autistic fathers to parent their children with their partner.



Health care services and schools were not good at supporting autistic fathers.



Knowing that they were autistic helped autistic fathers to ask for better support.

Contact information



For more information contact
ARCAP.



Call 1800 277 328



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