

Autistic people's experiences of pregnancy and having a baby

Aspect Research Centre for Autism Practice

Easy Read

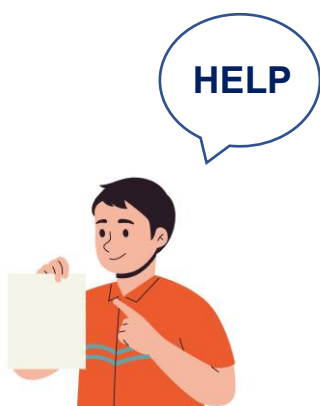


Blue words



Some words in this book are **blue**.

We write what the blue 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



Research Centre
for Autism Practice

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.



Autistic people and ARCAP did some **research**.

Research is when people do work to understand things.

We wrote a report about the research.



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

A summary only includes the most important information.

About the research



We wanted to know about Autistic people's experiences of

- pregnancy
- having a baby.



We did **interviews** with Autistic people who live in Australia.

Interviews are when a person asks you questions about a topic.

19 Autistic people did interviews.

What we found out



Autistic people liked their bodies when they were pregnant.



Being pregnant was a good experience.



Autistic people felt strong and confident when they were pregnant.



When Autistic people were pregnant other people gave them help and took care of them.



When Autistic people were pregnant they got lots of attention from other people.



They liked getting attention from other people.

Sometimes getting attention was stressful.



Autistic people thought about pregnancy a lot.



They wanted to know information about

- pregnancy
- their baby.



Reading information helped Autistic people

- know what would happen
- know what to do.



Reading lots of information made Autistic people feel tired and stressed.



Meeting new health workers was stressful for Autistic people.

It was hard for Autistic people to talk to health workers.



Other people helped Autistic people talk to health workers.



Sometimes health care appointments were not long enough.



It was hard for Autistic people to understand health workers.



It was stressful for Autistic people to get ready for health care appointments.



Health workers didn't listen to Autistic people.



Health workers didn't know how to help Autistic people.



Autistic people felt ignored by health workers.



It was hard for Autistic people to say no to health workers.



Sometimes Autistic people did things they did not want to do.



Hospitals and medical rooms were bright and had lots of smells.

Autistic people did things to help them at their health care appointments.

Things that helped Autistic people were



- not doing health care tests
- making lots of plans
- getting ready for what will happen
- asking for support.

Why this research is important



It shows that Autistic people have good and bad experiences when they are pregnant.



It tells health workers how to help Autistic people when they are pregnant or having a baby.

Contact information



For more information contact Aspect.



Call

1800 277 328



Website

aspect.org.au



Email

customerservice@aspect.org.au