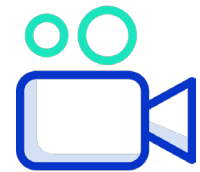


WORLD AUTISM AWARENESS DAY 2023

Guidelines for video-testimonies



Autism-Europe (AE) will be celebrating **World Autism Awareness Day** on April, 2 and throughout the month of April. In 2023, AE is also celebrating its 40th anniversary. Under the motto “**Building an inclusive society for autistic people**”, it will be an opportunity to reflect on the advances made so far for the autism community and the work that remains to be done to improve the lives of autistic people. In that context, we invite all our members and the autism community to join this year’s campaign for #AutismDay2023 and take part in the various activities.

AE wants to use this opportunity to amplify the voice of our members and partners to share their experiences concerning the work done together as well as their vision to continue building a more autism friendly society. We would particularly like to highlight the lived experiences of autistic people and their family members/supporters. In order to do so, we are launching a call for video-testimonies.



In the next page, you will find information and some tips to record your own video-testimony.

If you have any questions, please do not hesitate to contact Carmen Clemente, AE Communication and Campaign Manager, at communication@autismeurope.org

How can I film and submit a video?

1

Choose one or two questions from the list that you feel comfortable with and match your interests.

There are two categories, questions for autistic people and questions for their relatives. Of course, you may be autistic and a relative of an autistic person, choose from any category that suit you.

2

Reflect about the question(s) selected and write your answer using a laptop. This will help you to prepare yourself for the filming.

3

Take your camera or phone to get ready for recording! In this step, take into consideration the following:

- The higher the quality, the better. You can use your phone's camera. Make sure to hold it horizontally.
- Make sure your recording takes maximum 2 minutes.
- Language: English preferably. For other languages, English translation might be required. Please, check with AE.
- Venue: choose a quiet place with enough light coming upfront (if the lights comes from your back, your face and body will be in the shade). Try to avoid background noise.

4

Once you have filmed the video, please send both the text with your answer and the video to communication@autismeurope.org, together with the consent form for publication.

DEADLINE: March, 10th, 2023

QUESTIONS FOR AUTISTIC PEOPLE

Please feel free to choose 1 or 2 questions from the list below. If you want to answer more questions, please do several videos, so that the format can be easily share online.

Education

- What is/was your experience in school/university/vocational training? Do/Did you attend a regular or a special school?
- Are/Were your support needs adequately addressed at school?
If so, how?
- If not, what was lacking?
- What is your request for the future in this area?

Employment

- Are you employed or are you looking for a job?
- From your experience, what are the best and the most difficult aspects of employment/pursuing your professional career?
- What is your dream job?
- What are your work skills?
- What would you like companies to know about the strengths and/or support needs of autistic people?
- What is your request for the future in this area?

Social life

- What are your hobby(ies)?
- Do you enjoy sharing time with friends and family? If so, what do you like to do together?

- Thinking about where you live, in your opinion, which is the best (public) space to share time with friends and family? Why?
- Do you have recommendations on how to improve access to social life for autistic people?

General

- Since there may be people who have recently found out that they are autistic, your experience could help them.
- How was the process of realising you are autistic?
- If you got a diagnosis, was the process easy? If not, what changes would you recommend?
- Do you receive adequate support?
- Are you in contact with other autistic people and their respective groups and associations? Does it help you?
- Do you think there has been an evolution in the last decade in relation to autism? For example concerning the public perception of autism or the support available? If so, can you please explain what are the main changes in your view?
- If you could change just one thing about society that would improve the lives of autistic people, what would it be?

QUESTIONS FOR RELATIVES

Please feel free to choose 1 or 2 questions from the list below. If you want to answer more questions, please do several videos, so that the format can be easily share online.

Education

- As a parent of an autistic person, what is your opinion about the current state of inclusion in education of autistic people?
- What knowledge of autism do/did the schools your autistic relatives attended generally have/had?

Social life

- After receiving the diagnosis of your family member (sibling, child, husband, wife, etc), has your social life changed?
- Do you feel supported by your social networks (family, friends, work colleagues, etc)?

General

- Since there may be parents who have recently found out that their children are autistic, your experience could help them.
- How was the process of realising your child is autistic?
- How was the process of getting their support needs met?
- Are you in contact with other parents of autistic people and their respective groups and associations in your country/place of living? Does it help you?
- If you could change just one thing about society that would improve the lives of autistic people, what would it be?
- Do you think there has been an evolution in the last decade in relation to autism? For example concerning the public perception of autism or the support available? If so, can you please explain what are the main changes in your view?
- If you could change just one thing about society that would improve the lives of autistic people, what would it be?

