

WEBSITE REVIEW: Anonymously Autistic Blog
<http://www.anonymouslyautistic.net>

Anne Carpenter

I was delighted to see yet another blog by a woman on the autism spectrum. Even though more females with ASD are “coming out,” this is still an area that is getting too little attention, too late.

Anna, as this blogger calls herself, illustrates her home page with a woman with green hair as a way to stand out from the crowd. She wants to know why she has to be like everyone else when she can stand out and be her own unique self. The blog covers many of the same concerns of others with ASD including sensory processing difficulties, anxiety and the disadvantages of being diagnosed later in life. Anna describes struggling with sensory processing issues and difficulties with picking up social cues for many years without help or understanding of any kind. Yes, that old monster-ANXIETY- is part of the equation too.

Anna describes her life before she was diagnosed as being socially unfiltered and saying things that offended and put off others. Yet, she was happily oblivious to it all and went through life relatively content. Because she isn't comfortable with lengthy written treatises, Anna includes a hefty sprinkling of YouTube videos of women with ASD who describe the experience through the female lens. This is so helpful as female ASD is still so misunderstood but is a critically important issue as we are half the population!

The photography is gorgeous-soft, luscious tones add a soothing, yet elegant touch to this site and this could be a technique the author uses to keep herself calm and to reduce anxiety. The videos include simulations of the autism experience, including sensory overload and I even felt overloaded when watching one of those! It was hard to hear the sound on the videos so the sound quality left something to be desired. Nevertheless, this is an excellent site for getting a view of the female side of ASD.