



# An Autistic and ADHD Journey: Re-writing a New Identity Post-Discovery

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COLLECTION  
Disability Studies

EDITION  
1st edition

MARKET  
College/higher education  
and Professional and  
scholarly

## This course reading...

- Firsthand perspective from a late-discovered (diagnosed) Autistic ADHD woman navigating life, motherhood, and identity.
- Comparative insights into Autistic and non-autistic brain functioning, dispelling myths and misconceptions.
- Explores intersectionality, privilege, equity and equality in the context of Autism and ADHD.
- Combines lived experience with contemporary research and terminology (2024/2025 context).
- Ideal for social science, psychology, social work, nursing, and cognitive science students and practitioners seeking neurodiverse perspectives.

### Have you ever wondered what it feels like to finally discover who you truly are after decades of feeling out of place?

In *An Autistic and ADHD Journey: Re-writing a New Identity Post-Discovery*, Rachel Winder explores what it means to discover an Autistic and ADHD identity after more than 40 years spent masking, being misunderstood, and navigating life with cPTSD.

Through candid reflections, personal stories, and insights into the differences between Autistic and non-autistic brains, Rachel sheds light on what it means to finally understand oneself and experience a sense of belonging.

This book bridges lived experience with research, discussing current terminology, challenging common myths about Autism and ADHD, and examining privilege and intersectionality within Autistic-ADHD experiences. Through this lens, readers gain insight into the challenges, determination, and empowerment that can emerge when embracing a neurodivergent identity, alongside strategies for supporting children and others on similar journeys.

Ideal for students, practitioners, and scholars in the social sciences, psychology, social work, nursing, anthropology, and cognitive science, as well as anyone seeking a deeper understanding of Autistic and ADHD experiences.

**Rachel Winder**, BA (Hons), QTLS, PgCert Autism, MA Autism, is an Autistic-ADHD autism consultant, educator, and researcher who integrates lived experience with academic scholarship. She has over two decades of experience supporting Autistic, Deaf, and Deaf-Blind communities.

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