



# An Autistic-ADHD Journey: Building a True Identity Post-Discovery

AUTHOR Rachel Vivienne Winder

COLLECTION EDITED BY Damian Mellifont, Jennifer Smith-Merry

## COLLECTION

Disability Studies

## EDITION

1st edition

## MARKET

College/higher education  
and Professional and  
scholarly

## This course reading...

- Follows the author's personal journey to understand her late discovery of Autism and ADHD.
- Offers a historical context to Autism and ADHD in order to dispel misconceptions about these neurological differences.
- Is ideal reading for AuDHD folk and allies, anyone wishing to understand Autism and ADHD more, carers, mental health practitioners, Medical Students, and students of Disability Studies, Autism and Autistic Studies, and Mental Health Studies.

### What does it mean to discover later in life an AuDHD identity and what impact does that have on an individual's sense of self?

Author **Rachel Winder** explores how 40 years of not knowing her AuDHD identity impacted her life – from Autistic masking (a subconscious survival tactic to camouflage social differences and so avoid unwanted attention and rejection), through to developing complex Post-Traumatic Stress Disorder (cPTSD). Discovering her neurodivergent identity gave her the tools to shed harmful and incorrect labels and to see her life through an AuDHD lens.

***An Autistic-ADHD Journey*** explores a brief history of Autism alongside the author's unique lived experiences that aim to dispel the many harmful misconceptions surrounding Autism and ADHD. This book takes you one person closer to knowing more about AuDHD.

Through the exploration of a complex and shifting understanding of self, this book is ideal reading for AuDHD folk and allies, anyone wishing to understand Autism and ADHD more, carers, mental health practitioners, Medical Students, and students of Disability Studies, Autism and AuDHD Studies, and Mental Health Studies.

**Rachel Winder, BA (Hons), PgCert, PgDip, MA, QTLS**, is an AuDHD Autism consultant with over 25 years working alongside Autistic Deaf, Hearing, and Deaf-Blind people. She is also the mother to two sons, one who is AuDHD like her and one who is ADHD.

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