

Supporting Regulation Using a Neurodiversity Affirmative Approach with Kathleen Patterson Resource List

April 2024

Autism Ontario Webinars

- [Finding Balance: Navigating the Tension Between Intervention and Neurodiversity](#) with Katy Albert and Jane Vincent, Webinar.
- [Mental Health Matters](#) with Bethany Brewin and Danielle Nolan, Webinar Series.
- [Supporting Emotional Regulation Through Neuro-affirmative Care](#) with Kathleen Patterson, Webinar.
- [Understanding Autistic Burnout, Inertia, Meltdown & Shutdown](#) with Dr. Christie Welch, Webinar.

Autism Ontario Resources

- [All About Me](#) (for children and youth), [One Page Profile](#) (for teens and adults), Template
- [Caring for the Caregiver](#), Guidebook.
- [How to be an Ally to the Autistic Community](#), Toolkit
- [Understanding Challenging Behaviours](#), Guidebook.
- [“What is Stimming?”](#), Article.

AIDE Canada Resources

Autism Ontario has partnered with AIDE Canada to create many toolkits, webinars and infographics covering various topics. See [AIDE Canada Learning Resources](#) for the entire collection.

- [Becoming More Trauma-Informed Collection](#), resources to assist service providers and individuals in responding to the effects of all types of trauma.
- [Burnout Collection](#), featuring resources covering everything from masking to presentation and recovery strategies.

Online Resources, Research and Articles

- [Autism masking is common. Here's how to recognize and offer support](#) – Henry Ford Health
- [Autistic Collapse](#) – Autisme 123
- [Complex Trauma Resources](#)
- [How to deal with dysregulation](#) – Verywell Mind
- [Understanding Stimming](#) – American Psychiatric Association
- [Understanding and supporting the development of self-regulation](#) – TA a l'école
- [Unmasking Autism: Discovering the new faces of neurodiversity](#), Devon Price.
- [What is ADHD?](#) -TDA/H Resources
- [What is neuroaffirming care and why does it matter?](#) - AutismBC

If you have any additional questions or are seeking further information about the content of this presentation, please contact webinars@autismontario.com.

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