



SHARING THE SPECTRUM

An Autism Canada Newsletter

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August 11, 2020

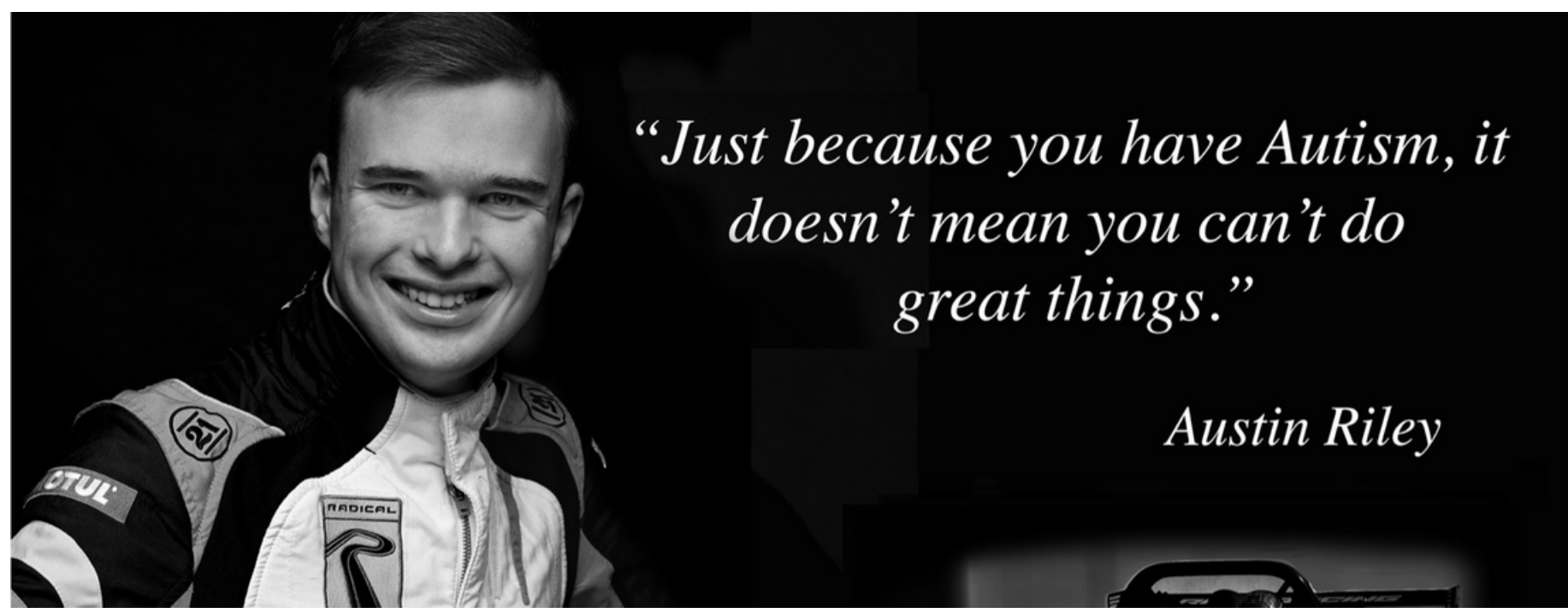


Welcome to Sharing the Spectrum

A unique Canadian bi-weekly newsletter written by Autistics for Autistics. We are very proud to showcase the work of our Autism Ambassadors and hope you enjoy their perspectives. Interested in becoming a contributor? Email us at info@autismcanada.org

Austin Riley: Racing with Autism

What is the "spark" that keeps you going? For Austin Riley, it is to raise awareness of autism through the power of storytelling...with some fast driving on the side. Click [here](#) for full interview with Austin and Jason Riley.



Autistic and Chronically Ill – You Belong Here

by Christopher Whelan



"Being autistic and chronically ill can be a lonely experience. Being chronically ill can make you feel isolated, and autism blocks a lot of traditional communication, so you feel even more isolated. But you do not have to feel that way."

Click [here](#) to read Christopher's article

The Lens of Separation: Social and medical model

by Katherine Gallagher

"If you are in a wheelchair and you go into a public restroom and it is not an accessible washroom to accommodate you and your wheelchair, then you are at a great disadvantage. It is similar to autism. Having a bad experience or feeling unaccommodated leaves a mark."



Click [here](#) to read Katherine's article

They Remember

by Jason Oldford

"So despite my phenomenal memory for facts and figures, my memory isn't the greatest when it comes to remembering people I've met in autism circles over the years and haven't seen for years, but when it comes to them and me: they do remember."

Click [here](#) to read Jason's article



Sensory Activity



Check out our first Sensory Activity: How to Make a Glitter jar.

Our good friend Kalem, who is autistic, and his pal Zoe created this step-by-step video to show you how to make your own glitter jar.

Click [here](#) to see their video.

We feel the temperature rising!

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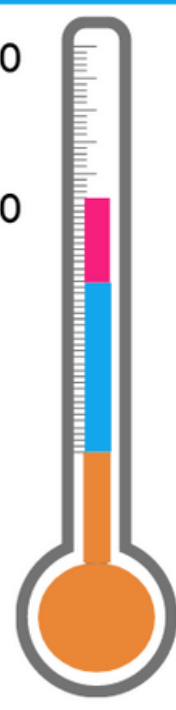
to help us help our autistic community thrive.

Make the mercury rise by Labour Day!



\$25,000

\$19,000

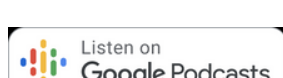
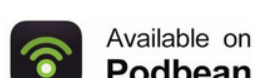


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An Autism Canada Podcast



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