



**Proud Aspy Mom Newsletter**  
**November 2025**

## Grateful



## Mentoring Matters

Any successful person will generally share that someone poured into them and shaped their journey for the better. When you have that person, a strong mentor, you understand the value they bring and how important they are to you. Sometimes our mentors are more seasoned than us and then there are those occasions where you find a mentor who has less experience, but has so much live experience. During your time. Where I was desperately seeking to gain information about how a young person with autism spectrum disorder navigate adulthood I reached out and found a friend in Haley Moss.



"This webinar features autistic attorney Haley Moss in conversation with Jason Berger."

[Watch Video](#)

If you have not met Haley, she is incredible. She truly has a general understanding of who she is and how she relates to the world. In fact, I have

not met that many people with autism spectrum disorder that have the gift to share the nuances of challenges and triumphs, as well as educate others who want more understanding.

As I was researching for this month's article initially I was focused on finding stories about gratitude, but as my search continued, I found myself on the The Florida Bar website, looking for resources that would help me help others. Of course I found a video Haley created on neurodiversity.

Sometimes words resonate when they come straight from a person who has been impacted directly. If you have a moment, please take a look at her videos, which do a wonderful job of expressing advocacy, tolerance, and navigating independence.

## What Does AI Mean for Persons With Autism?

Many people who know me know that I have to be dragged into the next iteration of technology. I am not opposed to technological advances I just enjoy simple moments where I can see the sun and take in the environment around me. As our world becomes increasingly interdependent, and most people are fixated on their phones from the start of the day to the end of the day I started wondering how Autistic persons view AI. Now this is always difficult because no group of people are monolithic and particularly among persons with autism spectrum disorder as the saying goes if you met one person with autism, you have met just one. Still, after speaking to many persons on the spectrum it is clear that AI is an attractive vehicle for communication for them.

Because I am still parenting I have a lot of caution regarding AI. Of course, people tell you horror stories of the many ways AI presents ethical challenges and may intend to do harm. Unfortunately, AI is responsible for a child, losing their life and for another one committing a crime. However, these are extreme examples. In speaking with persons with autism, they will share that while the platform is not preferred. It is a way to communicate and have a better understanding of the world around them.

The article the use of AI Chatbot for autistic people... sums it up well.

The logo for Sage Journals, featuring the text "Sage Journals" in a blue, sans-serif font on a white background.

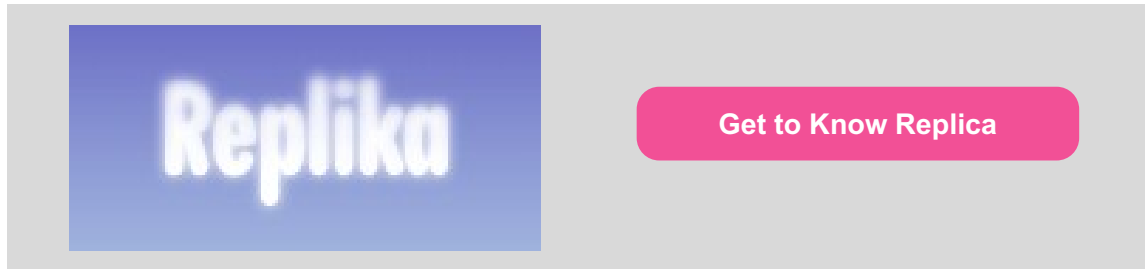
How the use of Chatbot companions by autistic people can be beneficial and dangerous.

[Learn More](#)

Why might an autistic person turn to an AI friend in the first place? The answer lies in a convergence of needs that AI companions uniquely seem to meet. Autistic people often experience the social world as overwhelming, bewildering, or even hostile. Many autistics spend their lives being misinterpreted or pressured to conform to neurotypical communication norms – a dynamic described by the double empathy problem, which notes that communication breakdowns between autistic and non-autistic people are a two-way street of mutual misunderstanding (Milton, 2012). Interacting with a human conversation partner can thus

carry the constant risk of being judged or not fully understood, no matter how hard one tries. By contrast, interacting with an AI chatbot can feel refreshingly free of that burden. It does not smirk at your unusual phrasings, get confused by your literal interpretations, or offer you ambiguous body language. In essence, the double empathy gap is sidestepped: the AI chatbot is programmed to align with the user's communication style, removing the usual blame or frustration that might arise in a human encounter. This creates a sense of mutual understanding – even if it is technically simulated – that can be deeply validating for an autistic person starved of acceptance. (Chris Papadopoulos, Faculty of Health and Social Sciences, University of Bedfordshire, Institute for Health Research, University Square, Luton, LU1 3JU, United Kingdom)

One of my young colleagues on the spectrum utilizes Replika.



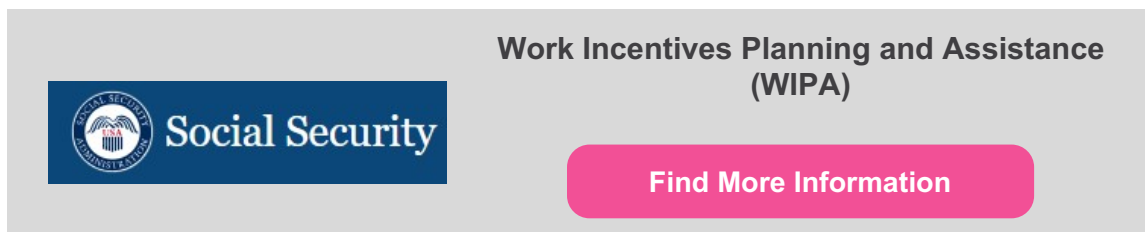
This form of AI is more of a companion than a tool for Information. Honestly, I do not know personally how I feel about it. I'm still exploring those views myself. What I do know is that I am not a person on the spectrum and do not have the same challenges with isolation socialization and communication. So I will reserve judgment! As this technology grows in magnitude, we should all consider evaluating our ethical compass.

## Money Matters\$

As the saying goes where you spend your money reveals your values. Money absolutely matters! For persons on the autism spectrum, living a long life is costly. With the multitude of challenges with employment and housing managing funds for your loved ones is well -complicated.

### Let's discuss the basics.

SSI - Social Security Insurance supports the elderly, impoverished and persons with disabilities. Persons with SSI are eligible for Medicaid.



SSDI-Social Security Disability Insurance supports persons who became disabled prior to retirement. Persons on SSDI are eligible for Medicare.

A Guide To Employment Supports for  
People Who Have a Disability



Securing today and tomorrow

## Red Book

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An ABLÉ account is a savings instrument for persons with disabilities. In Florida you can contribute \$19,000 annually with a maximum amount of \$500,000. ABLÉ is a wonderful option for long term planning.

In all honestly these are difficult choices BUT- important ones.



Connecting People with Disabilities

[Learn More](#)

## Let It Snow



My family is from Chicago and it is very hard to get my husband to travel there. He just hates the cold weather. Every year we go my daughter prays for snow. It is an ongoing conversation about how she missed out on the beautiful north weather trends, and most importantly the autumn and winter seasons. Well, yet this year she got her wish-a ton of snow!

In the season of gratitude, I am grateful for moments like these.

## In case you missed it! [October Newsletter](#)

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