



Proud Aspy Mom Newsletter
April 2025

SEE THE BEAUTIFUL RAINBOW



Everyone Leaves a Footprint

Each year April is a time for reflection. Spring is upon us and as "humans" we begin to nest and refresh our spirits. Each year I am grateful for how far our family has come. It has certainly not been easy! Supporting someone you love on the spectrum is taxing on the family unit, fiscally challenging, comes with emotional highs and lows and causes significant mental and physical anxiety. BUT- this year I am once again reminded how important it is to share all aspects of Autism. So many families and advocates have reached out to me to discuss dismay on how our leaders are discussing Autism.



There is no definitive way to describe what it FEELS like to support someone on the spectrum. Unless you are on the Spectrum there is no way to know what embracing your superpowers feels like. The best way to approach individuals on the spectrum and families that support them is to ask US!

Over the past decade our family has dedicated significant energy to educating

the community and helping families like mine navigate tough issues. As we reflect this spring, we are grateful to know that we live in a community that CARES and still believes that Everyone Leaves a Footprint.

This Autism Month- please take time to listen to our stories, challenges and triumphs.

Urban Cafe Radio
Interview 2017

Dr. Mark Durand at
American Stage 2018

Vicky Westra at
American Stage 2019

World Autism
Awareness Day with
Haley Moss - 2020

ISPS Guardianship
Series II: Incapacity
Guardianship - 2021

ISPS Talks with Haley
Moss on Redefining
Neurodiversity - 2022

John Hopkins Autism Awareness
Breakfast - 2023

Vicky Westra, Chief Executive
Officer - Autism Shifts- Podcast

Mom's like me- sharing there
story and amazingly - CHANGING
LIVES!

Lauri talks about her adopted
daughter with neurodiversities
- Podcast

FACTS PLEASE!

Autism prevalence

- [1 in 31 children](#) in the U.S. has autism, up from the previous rate of [1 in 36](#).
- [1 in 45 adults](#) in the U.S. has autism.
- In the U.S., about [4 in 100 boys and 1 in 100 girls](#) have autism.
- Boys are nearly 4 times more likely to be diagnosed with autism than girls.
- In the U.S., autism prevalence is lower among white children than other [racial and ethnic groups](#):
 - White – 2.7%
 - Hispanic – 3.3%
 - Black – 3.7%
 - Asian or Pacific Islander – 3.8%
 - American Indian or Alaska Native – 3.8%
- Around the world, [1 in 100 children](#) are diagnosed with autism.

These changes reflect an improvement in outreach, screening and de-stigmatization of autism diagnosis among minority communities.

Diagnosis and early intervention

Source: National Survey of Children's Health (NSCH) (2016-2019)

- Autism can be reliably [diagnosed by a specialist by age 2](#), but the [average age of autism diagnosis](#) in the U.S. is 5 years.
- The [average age of first intervention](#) in the U.S. is 4.7 years.
- The average age of diagnosis for children in lower income households is 4.7 years compared to 5.2 years in higher income households.

Special education

Source: [U.S. Department of Education \(2018-2019\)](#)

- 74% of autistic students in the U.S. graduate with a diploma, versus [86% of all students](#).
- 19% of autistic students in the U.S. graduate with a certificate.
- 8% of autistic students in the U.S. don't finish high school, versus [5% of all students](#).

Employment

Sources: [U.S. Department of Education \(2014-2016\)](#), [Bureau of Labor Statistics \(2022\)](#)

- Only [21% of people with disabilities, including autism, are employed](#)
- Nearly 60% of people with autism in the U.S. are [employed after receiving vocational rehabilitation](#) (VR) services. These are state-provided services that help autistic individuals explore possible careers, find a job and secure needed accommodations in the workplace.
- 70% of eligible [autistic individuals in the U.S. receive VR](#)
- 50% of [autistic youth in the U.S. who receive VR begin those services in high school](#).

Healthcare costs

Source: [FAIR Health Inc. \(2021\)](#)

The average costs of common autism services in the U.S. are:

- Adaptive behavior – \$82.25
- Developmental screening – \$165.95
- Emergency department – \$1,397.22
- Physical therapy – \$74.99
- Psychiatry – \$253.40
- Speech/Language – \$174.80
- Therapeutic behavioral – \$175.44

Thank you **AUTISM SPEAKS** for sharing this **MOST VALUABLE** Information!

Don't EVER count the Autism Community out!

Matt Spence, the Executive Director at LiFT Academy, shared this video with me. When he sent it - he simply emphasized that it is WORTH the WATCH! My message remains the same. Don't count persons on the Spectrum out. They remain steadfast and committed to being SEEN.



If you do not have the time to watch the entire video **start at minute 15**.

Creativity Blooms

In April I take time to watch or learn as much as I can about the creatives on the spectrum. Our daughter's former caregiver- Cynthia Mettling, A.K.A. "Mary Poppins", sent me a video about a band and their journey. Of course they are all on the spectrum. The movie was recognized widely and awarded 2nd place in the Rogers Audience Award.



Watch Movie
Trailer



Watch Video

HAPPY AUTISM AWARENESS MONTH!

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