

DR. MELISSA GILBERT

AUTISTIC ASSIGNED FEMALE AT
BIRTH WOMEN AND A NON-BINARY
PEOPLE'S EXPERIENCES ACCESSING
DIAGNOSIS AND SUPPORTS



Autistic assigned female at birth women and non-binary people's experiences accessing diagnosis

Dr Melissa Gilbert

OTARC Teaching and Research Fellow

OTARC Community Research Showcase 2024



LA TROBE
UNIVERSITY



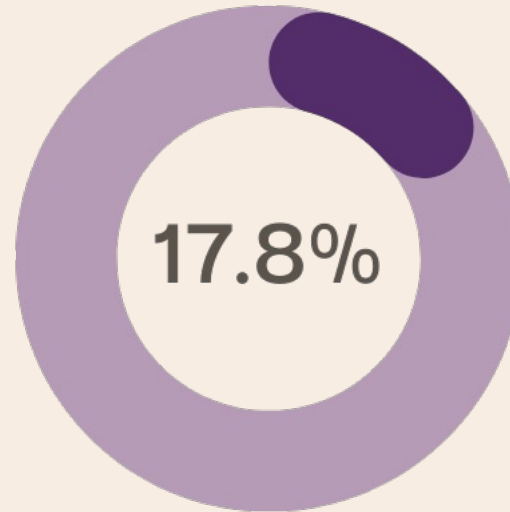
Olga Tennison
Autism Research Centre



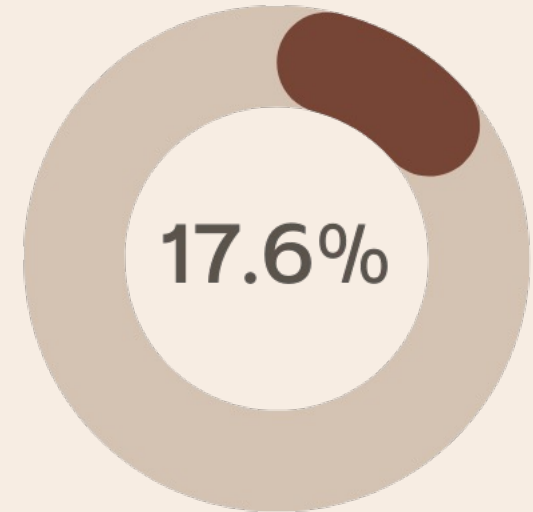


WHAT DO WE KNOW?

Women and men experience disability at similar rates



Women



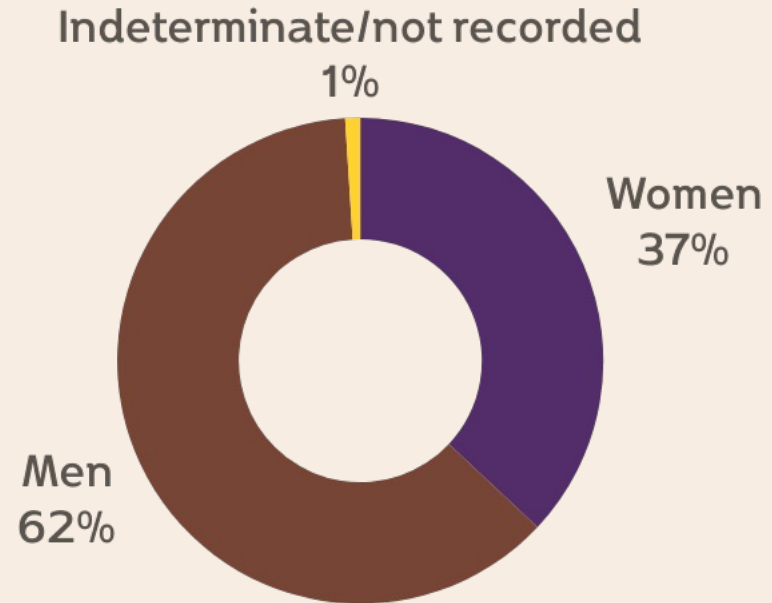
Men



WHAT DO WE KNOW?

However, women ...

... are **only 37% of National Disability Insurance Scheme (NDIS) participants**





WHAT DO WE KNOW?

However, women ...

... are **less likely to find a support provider** that meets their needs

... have have been **studied less than men in research on autism** - and this is **even worse** for assigned female at birth (AFAB) non-binary people



THIS STUDY

STUDY QUESTION	What has made it easier or harder for Australian Autistic AFAB women and non-binary people to get a diagnosis and find support?
METHODS	<p>PARTICIPANTS</p> <ul style="list-style-type: none">• Australian AFAB women or non-binary (18+)• Diagnosed or identify as Autistic <p>MATERIALS</p> <ul style="list-style-type: none">• Online survey



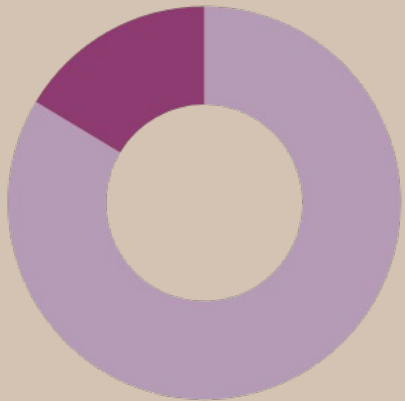
PARTICIPANTS

TOTAL = 55



Age

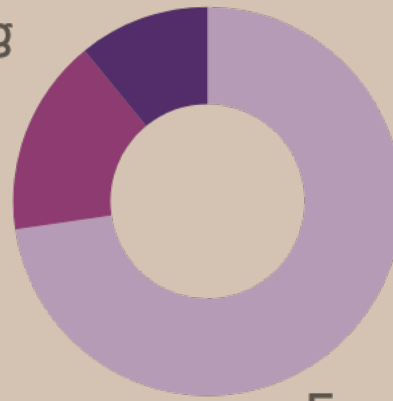
Non-binary
16.4%



Woman
83.6%

Awaiting diagnosis
10.9%

Self-identifying
16.4%



Formal diagnosis
72.7%

Gender Identity

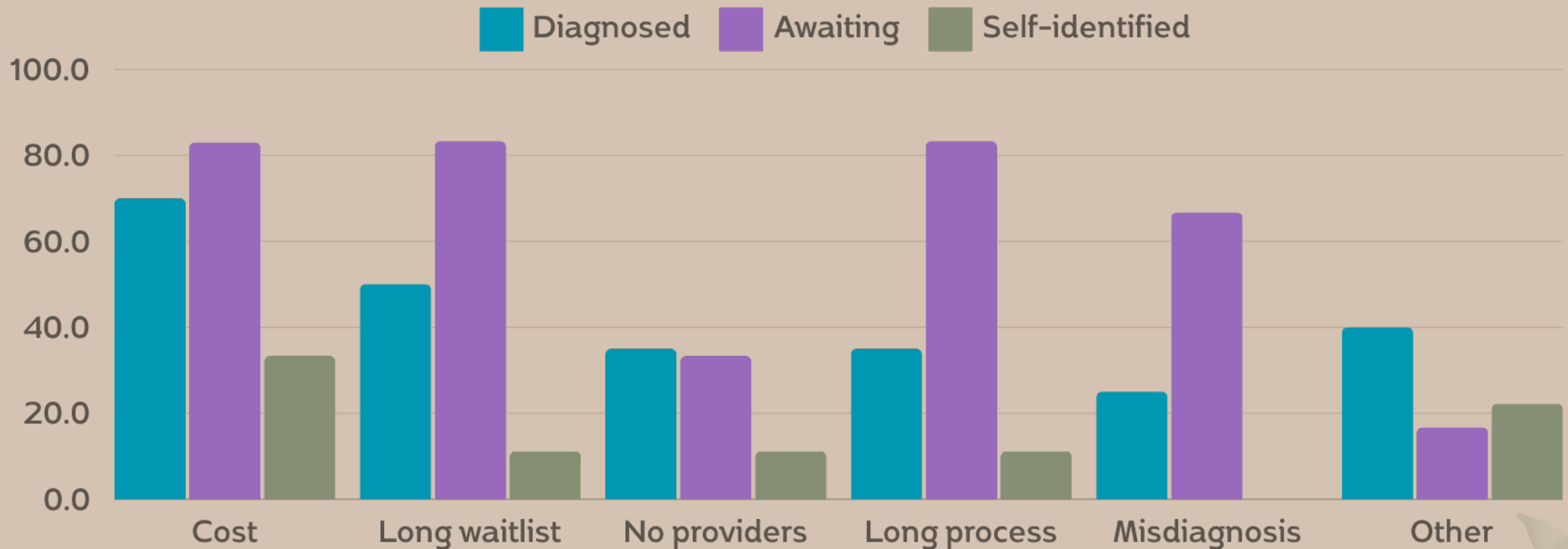
Diagnostic Status



RESULTS

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Barriers to diagnosis

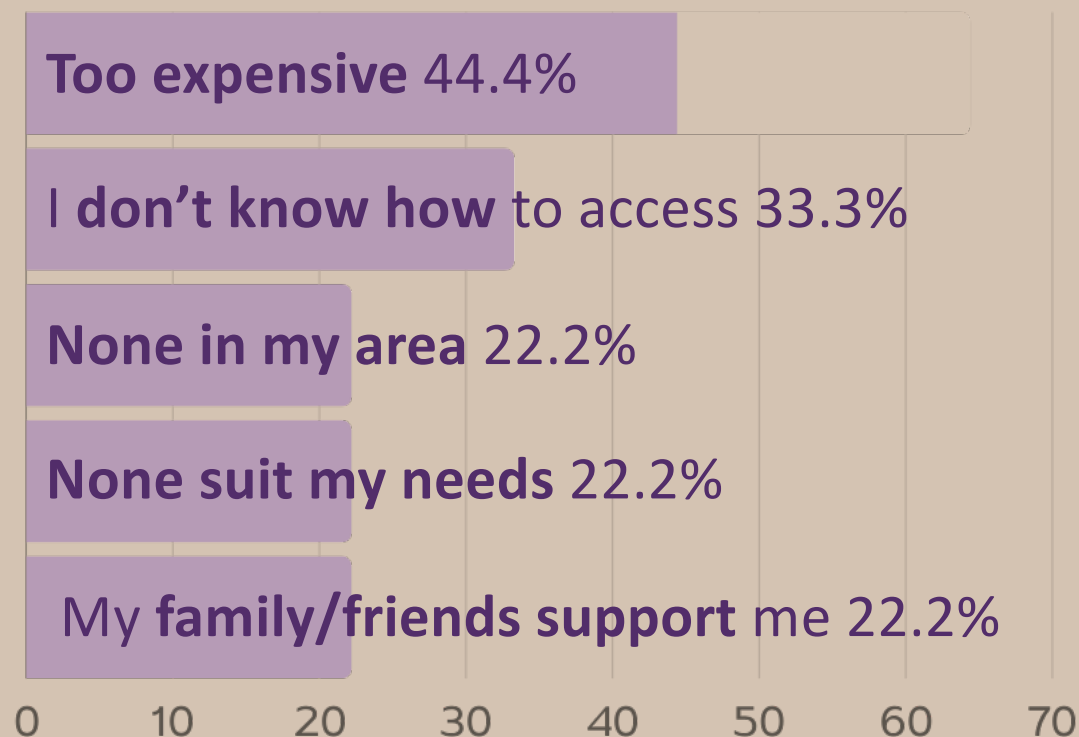




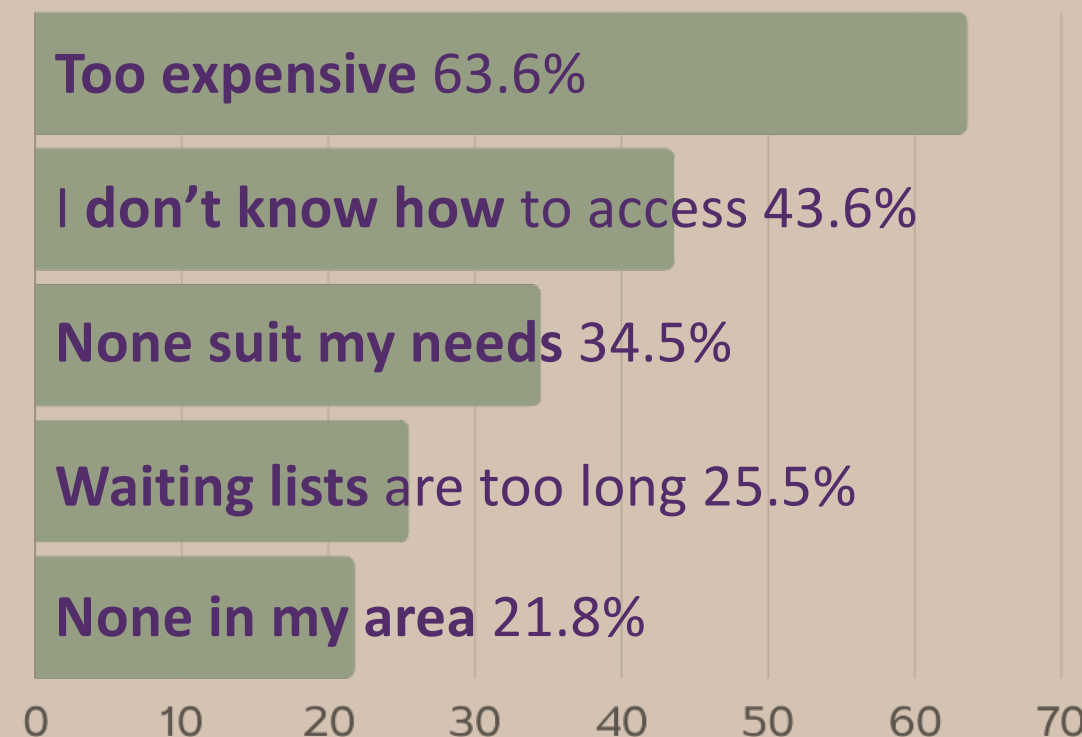
RESULTS

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Reasons participants don't access *any* formal supports (16.4%)



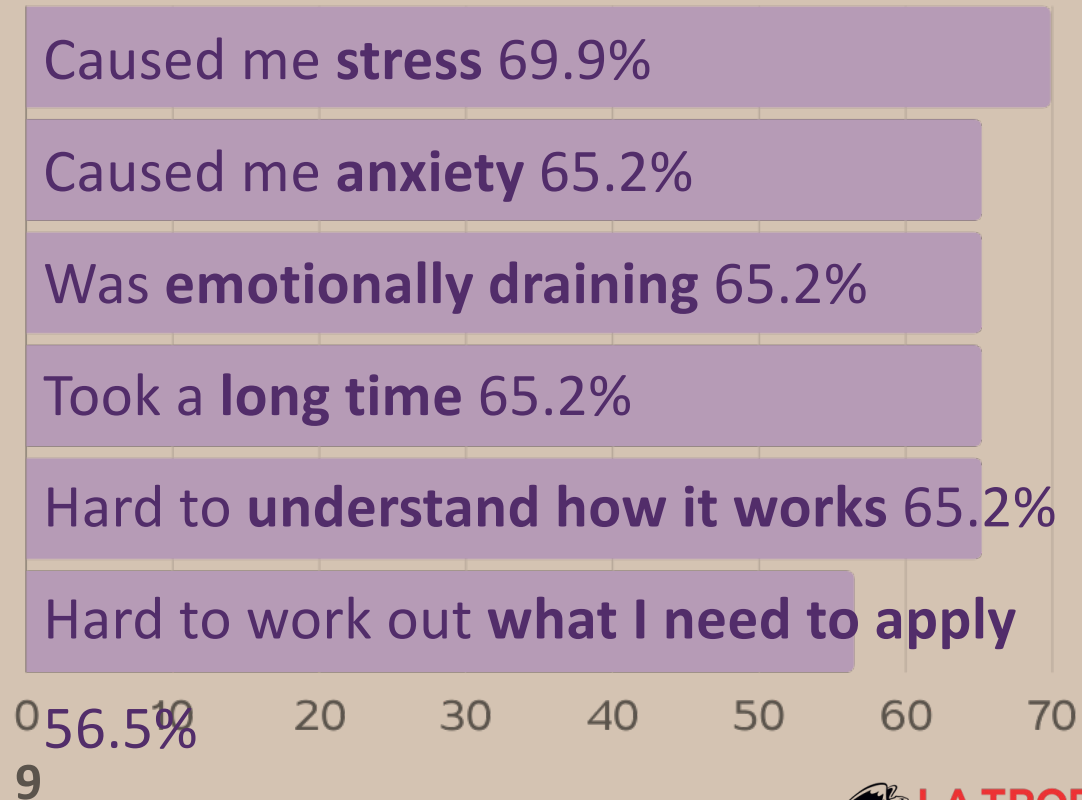
Reasons participants don't access supports they *need* (96.4%)



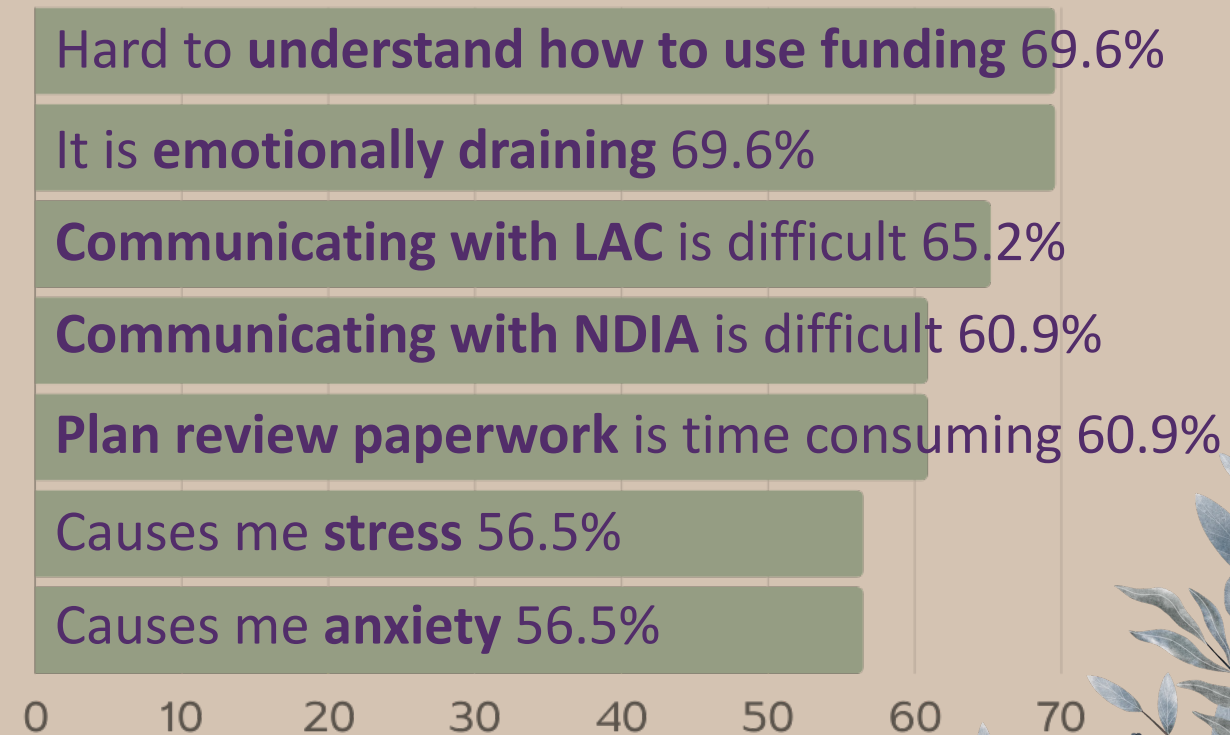


RESULTS

Barriers experienced when *applying* to the NDIS



Barriers experienced *since* being an NDIS participant





KEY TAKE-AWAYS

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u

<https://linktr.ee/drmgilbert>

rt

or use QR-code

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Autistic assigned female at birth women and non-binary people's experiences accessing

Main barriers to accessing diagnosis and supports are **high costs, long waiting lists, lack of suitable services**, and the amount of **time the processes**

Applying for and accessing **NDIS** has negative **impacts on mental health**

AFAB women and non-binary people accessing **NDIS** still experience **barriers in accessing supports**