

## Blog Post: When Patients Give Up on Healthcare

Written by Dr. Mel Houser (10/10/2023)

### Plain Language Summary

Many Autistic adults have stopped trying to get healthcare. Their needs aren't met. They have had too many bad experiences. These experiences make them feel misunderstood, ignored, and hurt. Dealing with the healthcare system takes too much energy, so they avoid it.

This is a big problem because 67-69% of autistic adults have untreated health issue. This lowers their life expectancy to 36-54 years. They don't die from autism but from things like heart disease and suicide.

To help, All Brains Belong gives trainings and resources, for example:

- [\*\*"Everything is Connected to Everything: Improving the Healthcare of Autistic & ADHD Adults"\*\*](#) project. This project has free information for patients and doctors about common health issues
- [\*\*Brain Club\*\*](#), a free weekly online education program to help people learn about their needs.

Projects like these can help professionals change their views so they can create more inclusive practices.

To learn more, visit <https://allbrainsbelong.org>

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