



## PLAIN TEXT SUMMARY

### Autistic Burnout

Sometimes, Autistic people learn about their brain during a hard time called Autistic burnout. Sadly, many doctors do not understand Autistic people well. Many doctors only notice that people are Autistic when they are struggling. Autistic Burnout is what happens when Autistic people do not have their needs met for a long time.

During Autistic Burnout, an Autistic person may:

- Feel exhausted
- Feel extra sensitive to lights, sounds, or smells
- Lose skills and have a harder time doing tasks

Autistic Burnout happens when someone doesn't get the support they need for their brain. Rest, support, and understanding can help.

For more learning:

- [Autism Stigma webinar](#)
- [Autistic Burnout](#)
- [“The Best Way To Support My Health Is To Believe Me”: New Research Study About Neurodivergent Healthcare Experiences](#)

Key terms:

Social model of disability	This idea says that people are not the problem, the world is. The way places and rules are made often don't work for everyone. Instead of trying to change people, we should change the world to work better for all kinds of people. That means making things easier to use and fair for everyone.
Access needs	What anyone needs for full and meaningful participation
Autistic burnout	What happens when Autistic people do not have their needs met for a long time. During Autistic Burnout, an Autistic person may: <ul style="list-style-type: none"><li>• Feel exhausted</li><li>• Feel extra sensitive to lights, sounds, or smells</li><li>• Lose skills and have a harder time doing tasks</li></ul>