



## Brain Club® Digital Resource Library

### PLAIN TEXT SUMMARY

## “Autistic Professionals Supporting Autistic People”

Many Autistic people have a hard time finding jobs where they feel safe and supported. Some jobs can be so stressful that they hurt a person’s health. This can lead to something called Autistic burnout.

In this Brain Club® panel, Autistic professionals talk about their own experiences. They share how they changed their work so it felt better for their brains and bodies. They talk about what helped them feel healthier and more like themselves.

### Key Terms

Access needs	What someone needs to feel safe, comfortable, and able to take part. Everyone has access needs — no matter how their brain works.
Autistic burnout	<p>This happens when an Autistic person doesn’t get their needs met for a long time.</p> <p>During burnout, a person might:</p> <ul style="list-style-type: none"><li>● Feel very tired all the time</li><li>● Be more sensitive to lights, sounds, or smells</li><li>● Have trouble doing things that used to feel easier</li></ul>