



be in • be out • belong

Resources for LGBTQIA+ People in the Autistic Community

It is estimated that 15 to 30 percent of people on the autism spectrum are also LGBTQIA+ (Sarris, 2020). This is more than the general population as about 5.6% of Americans identify as LGBTQIA+ (Morales, 2021). Keep in mind that these numbers are often underreported, however the main point is that gender and sexuality are more varied in the autistic community. Being on multiple spectrums can mean coming out more than once and has its own share of strengths and struggles. As an autistic LGBTQIA+ individual, I am here to tell you that you are valid and loved! Here are some great websites and social media groups to check out to find resources and meet people.

Websites

Twainbow: People Living Under a Double Rainbow Twainbow is a 100% autistic led organization that focuses on advocacy for people on the autism and LGBTQIA+ spectrums.

<https://www.twainbow.org/>

Some resources on the website include scholarships, mental health resources, and information about neurodiversity in the workplace.

<https://www.twainbow.org/resources/>

Asperger/Autism Network (AANE) While not specifically for people who are both autistic and LGBTQIA+, this nonprofit organization offers online groups and resources for individuals, families, and professionals.

<https://www.aane.org/>

There are also some good articles on the intersectionality of neurodiversity and LGBTQIA+ identity.

<https://www.aane.org/topics/adults/lgbtq/>

Social Media Groups

Autism, Aspergers & LGBT Awareness This Facebook page has cool posts, current news articles, and more.

<https://www.facebook.com/AutismAspergersLGBTAwareness/>

Gay Autism Group (LGBTQ) This Facebook group serves as a support group/safe haven for LGBTQIA+ people on the autism spectrum. It is private and posts are only visible to members, but you can click *join group* to be approved as a member.

<https://www.facebook.com/groups/2045441425711263/>

lgbt_autism Follow this Instagram page to see some neat posts that are autistic and proud.

https://www.instagram.com/lgbt_autism/?hl=en

Note: I did my best to find resources that are primarily written by and for autistic people in the LGBTQIA+ community because I support the Autistic Self Advocacy Network's motto "Nothing About Us, Without Us!" If you find resources you want to add, just contact the Qube.

Sarris, M. (2020, September 16). *Autistic People More Likely to Identify as LGBTQ*. SPARK for Autism.

https://sparkforautism.org/discover_article/autism-lgbtq-identity/

Morales, C. (2021, February 25). *More Adult Americans Are Identifying as L.G.B.T., Gallup Poll Finds*. The New York Times.

<https://www.nytimes.com/2021/02/24/us/lgbt-identification-usa.html>

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