

HealthGuard 2025: Global Forum on Public Health & Preventive Medicine

Conference Proceedings

August 29, 2025 (Virtual)

Autism & Medical Health – How Different Individuals are Impacted (My Story)

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Statement of the Problem: Autistic women in Health care and how they cope with the noise of other patients, lights/sensory/overload/people in ED depts or wards of hospitals.

I'll be presenting on how I've had to cope in the past with being in hospital and being in an ED department where I was during COVID 19. I'll also be explaining how I've had a towel put over my eyes to shade me from all of the bright lights as well as coping with all of the medical staff attending to me at the time, and the difficulties that I faced during those times.

The strategies I'll be discussing are that I've had to take myself to learning to cope with this environment over my lifetime, as well as speaking up and tell others that I'm autistic as well as being unable to see without my glasses going into surgery to transfer from bed to operating table.

I'll also be speaking about how I was not able to discern feelings of being "sick" as I've had to learn about them as well as now I've got the capacity of going to the doctors myself should I feel unwell and uncomfortable within myself so that I am able to take care of myself.