



Supporting Black Autistic Girls

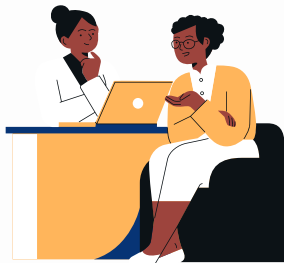
in the Transition to Adult Health Care



Engaging and Supporting Black Autistic Girls and Their Care Partners in the Health Care Setting

As Black autistic girls move to adult health care, they need to find adult health care providers. We asked Black autistic girls and young women about what was important to them when they search for a new provider. Here's what they said.

I observe the health care provider to see if they're right for me.



- I expect my health care provider to **talk to me directly** instead of my care partner.
- I expect my health care provider to listen to me and **respect the ways I communicate**.
- I expect my health care provider to try to **get to know me**.
- I expect my health care provider to **give me time** to talk about what matters to me.
- I expect my health care provider to **believe what I say** about my health and my needs.

I check in on my feelings about my health care provider.



- I want to feel **heard** and **respected**.
- I want to feel like my health care provider and their staff **care about me**.
- I want to **avoid ableism** or feeling discriminated against.
- I want my health care provider's care setting to be **accessible** and **comfortable**.
- I want my health care provider to **include my care partner** in the ways I prefer.



I make sure my provider can support my needs in the health care setting.

- I want my provider to ask **closed-ended questions** when possible. Open-ended questions can be hard to answer.
- I want my provider to acknowledge and **address my questions**.
- I want my provider to talk to me directly but understand that my family is **part of my team**.
- I want my provider to recognize that I may need support sometimes but not at other times. **My capacity can be different** from day to day.
- I want my provider to **be inclusive** of alternative ways of communicating.
- I want my provider to give me **information and resources** to support my health. Help me prepare for appointments by giving me information **in advance**.
- I want my provider to explain things to me in **plain language**.
- I want my provider to **help me manage the anxiety** that comes with health care visits. Make me aware of delays and help me feel at ease.
- I want my provider to provide resources for **transportation**.

Health Care Transition Resources for Health Care Providers

- [Six Core Elements of Health Care Transition™](#) | Got Transition®
- [Transition Planning Tips for Linguistically and Culturally Diverse Youth with Disabilities](#) | The Pacer Center
- [Incorporating Pediatric-To-Adult Transition into NCQA Patient-Centered Medical Home Recognition: 2019 Update](#) | Got Transition®
- [Integrating Young Adults with Autism Spectrum Disorder into Your Practice: Tips for Adult Health Care Clinicians](#) | Got Transition®
- [Pediatric to Adult Care Transitions Initiative](#) - The American College of Physicians
- [Moving Into Adult Health Care: What Do Primary Health Care Providers Need to Know?](#) | Connecticut Kids as Self Advocates