

### Episode 10: Joint Hypermobility and Autistic Healthcare

#### Overview

In this mini episode Jeanne (she/her) talks about a common comorbidity to autism — joint issues, including EDS, looking at new research showing the overlap in these communities and talking about what that should mean for how we talk about autistic healthcare. She also discusses barriers to accessing effective care, including looking at research regarding training for healthcare professionals in autism and how inaccessibility can impact autistic diagnoses and care. She connects this to the current conflict in Ukraine and how inaccessibility is impacting autistics and those with mobility issues in Kyiv, along with a call for all of us to examine what ways we could improve accessibility in our spaces. Finally, author Chuck Tingle is added to our list of famous autistics folks should know about.

#### Key Points:

- Some conditions that are broadly “rare” are far more common in autistics and autistics’ sensory and communication differences mean they are already more likely to struggle with accurate diagnoses, meaning that medical professionals need specialized training in how to support and treat autistic patients.
- Time: 15:27

#### Quotes:

“Being in physical pain is awful for anyone, but as an autistic because it’s a body sensation it also triggers sensory overload for me on top of everything, making it a huge struggle to eat and to focus.”

“When your ears hurt from loud noises far worse than your knees do after stairs, but everyone has told you your ear pain isn’t valid and you need to ignore it, why would you assume that you should mention other pain?”

“Masking has been heavily pressed into many of us, so others may mask and try to “look normal,” smiling and following social patterns even when in serious pain, making the doctor assume they are fine and this is mild.”

“If you work anywhere in the public sphere please, remember to include people with disabilities in any emergency planning, from war to blizzards. For everyone, if a fire alarm goes off in your office or building, what options are there for people unable to take the stairs? Are they listed anywhere?”

#### Articles Referenced:

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