

# Some of my story of living 70 years with Undiagnosed Autism

## Gus Cairns Service User /Carer Governor

The advantage people take of you is straight from school bullying you for the reason you are not joining in at playtimes and on the way to and from school .After leaving school bullying at work being the one who got all the worst jobs not many friends . Not joining in after work activities . I had so many jobs as I was always the first to go . Now Volunteering people know I won't say no to any job I am asked to do

When I started school aged 5 in 1951 Autism was not anything on the agenda . You were treated as being a naughty child and that went on all through my school days . I was not very attentive in class and when I got to secondary school in a day when corporal punishment was rife I was either struck on my hand with a stick or on my bottom with a flat piece of wood with a shaped handle call a bat . I got no exams

I got known as a soft touch after retirement and I got a lot of money taken from me by so called friends with sob stories and people saying they would pay me back . Also people insisting by harassment that I gave them money and by menaces . Cost me thousands of pounds . I don't trust people now so only count people I meet at meetings as friends

I think all the above is definitely due to my undiagnosed Autism . Since I got diagnosed with Autism I have been more careful with my money as I won't be duped any more . Undiagnosed Autism where I thought what I was doing was normal for everyone and also as this

was all before diagnosis couldn't use the equalities act Hate Crime in Court where some of these people ended up

The effects of these incidents has left me with ongoing Mental Health Difficulties and on Anti- Depressants for 14 years and Beta Blockers for 40 years and a very lonely life in my old age

An earlier diagnosis before 70 years old would have been the way to be able to fight this . Also an Autism Charity for Adult Autistic people which isn't overpowered by Non Autistic Parents and Carers and gives a voice to high performing adult Autistics

Again an early diagnosis in childhood so you might get support at an earlier age . Some kind of support now for late diagnosed Adults

You the Professionals should make sure you make referrals to Care coordinators at GP Surgeries and make sure GP's put all diagnosed people on their LD and Autism Register with a flag to receptionist that you are on the register so you can get special measures for appointments . I write this in the hope that more Adults who think they may act out of character with others around them might ask for Diagnosis to see if they have Autism