



Evaleen Whelton

Evaleen Whelton made the wonderful discovery that she is Autistic in 2014 at the age of 37. She realised very quickly that the information she was getting from autism “experts” was in contradiction with the Autistic Community. Since then she has been advocating for positive change for Autistic people in Ireland and around the globe.

Evaleen is founder of www.ausometraining.com which offers training to parents, teachers, SNA's and practitioners online. Her training places the shared experiences of Autistic people at its centre and it is based on the most up to date research. In 2019 Evaleen held Ireland's first ever autism conference which featured only Autistic speakers. She designs and delivers educational workshops as well as collaborating with professionals for her online training.

Evaleen's main focus is on changing the social environment so that Autistic children and adults can live better lives. Over the past seven years she has used her expertise as a speech and drama teacher to develop social skills classes for children as well social skills courses for parents and professionals. In 2020 she authored three social skills activity books for Autistic children. The Konnect series not only teach the Autistic child about other people's ways of communicating but also teach the adults about Autistic communication.

Anxiety and Autistic People

Evaleen Whelton

Tuesday 8th June 7:30 – 8:30pm

Autistic children and adults are disproportionately at risk of suffering from anxiety than the general population.

In this talk Evaleen will share insights on how living in the world as “different” impacts our self-esteem and wellbeing. We are all products of our environments and so we must look at how the social environment responds to Autistic people. Autistic children and adults are often classed as “odd” or “weird”. We often experience bullying and all of this impacts how we feel.

Evaleen will look at how our environment leads to high levels of anxiety in Autistic kids and adults. She will explore ways to cope with and minimise these levels. And she will explore the environmental changes which are needed so that Autistic people can have better mental health.