Same Food as Self Care

AUTSCAPE 2023
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Introductions

Scott Neilson
Autistically Scott

Laura Hellfeld
Neurodivergent Nurse Consulting
We bring our ways of thinking, needs and abilities to all activities that we engage in. This then of course includes food sourcing, preparation & eating.

We have unique behaviours and shared experiences with food that are part of Autistic culture.

This includes deep, personal relationships with food, sensory needs, routines, how we prepare food and even down to the systems we have to eat food.

'Being Autistic is an ALL ENCOMPASSING EXPERIENCE'

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Same Food

Same foods are foods that we have a great attachment to - our personal favourites.

We may eat these foods every day in order to bring ourselves routine or comfort.

What other words come to mind with 'same food'?

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What is Your Same Food?

01. Find an Image
02. Think of an Image
03. Share to the Group
Time to Get Creative

Time to Explore
Show and Tell

Would Anyone Like to Share What They Have Made?

This is OK to keep private as well
Connecting Same Food to Mental Health
Scripting Food Scenarios

Self-talk

Ordering at restaurants

At a family gathering or party

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Thank You
For Joining Us