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Same Food as Self Care

AUTSCAPE 2023

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Introductions

Scott Neilson

Autistically Scott



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Autistics and Food

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'

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'?



01.



Find an Image

02.



Think of an Image

03.



Share to the Group

What is Your Same Food?

06



Time to Get Creative



Time to Explore



07



Show and Tell

**Would Anyone Like
to Share What They
Have Made?**

This is OK to keep private as well



Positive Emotions



Sensory Bliss



Comfort

Connecting Same Food to Mental Health

Scripting Food Scenarios



Self-talk



**Ordering at
restaruantns**



**At a family
gathering or party**

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Keep in Touch



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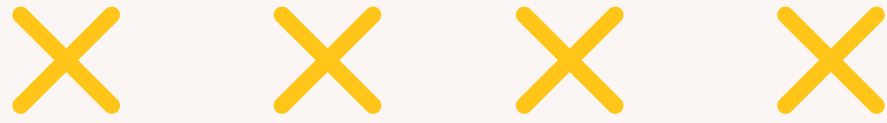
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Thank You

For Joining Us

