

What brings you autistic joy?



puzzles

Music and collecting
records

Writing

Gardening

Reading

reading

playing piano

A shared experience with
NDs and NTs

6



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What brings you autistic joy?



Hanging out with my cats

A quiet place

quiet

being in a same
community with autistic
people

Having deep, meaningful
conversations

caring for plants and
animals

Knitting, crochet,
designing, interior design
planning.

Forest bathing

6



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What brings you autistic joy?



nature

Being in cold water
outdoors under the sky

Arranging my various
stashs of yarn, thread,
pencils, inks

photography

Music

Shared interests

Sensory

Nature

6



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What brings you autistic joy?



Artificial intelligence

Music

Creativity

Lovely smells

Gardening

Wild swimming

Stimming
Specific interest
Live in my own world

Parallel play

6



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What brings you autistic joy?



reading

Rhythms

Justice

Aerial swings

Support

Teddy bears and
computing

Nature

When my partner collects and retells facts about my special interest to me. For example when he learns about cats and tells me what he learned

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What brings you autistic joy?



Freedom

Connection

Laughing out loud

Moment when patterns align

Writing,

Sunlight

Hyper focus Special interest

Horror

6



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What brings you autistic joy?



Textures

Facts

Listening to my favourite music and hearing something new after the 50th time.

Being in the company of other Neurodivergent people who just 'get it'

Animals

Sleep

Finding patterns in complicated or messy things

Singing and humming

6



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What brings you autistic joy?



A long session of
hyperfocussing on my
favourite thing

Gardening

Art

Planning and organising

Going down rabbit holes!
Reading and online and
“researching” (in the
gathering knowledge sense)

Dark Humour

Exploration

Nature

What brings you autistic joy?



Psychological safety

Photography and
patterns

Thinking! Ideas, concepts,
theory-building

Helping other people with
their tech problems.

Having a very deep
conversation with
someone

Harmony

Solving practical puzzles

Moment when a script
(code) works

What brings you autistic joy?



Flowers

Chocolate

Collecting stones and shells

Ah ha moments. Hyperfocus. Time to wander. Perfect summer days- warm gentle breeze- unhurried. Exploring. Learning

Puzzles

Painting, nature, animals, being with autistic friends

Deep bass music in vibrating headphones

Being with people who are able to express their true selves, like we can at Autscope.

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What brings you autistic joy?



ethical use of technology
(so, not AI)

Dopamine

Learning new things! Whole
new worlds open up with new
fixations spins

Weird things 😊

Sorting buttons and craft
materials

Listening to music

Solving complex
problems

Meaningful conversation

6



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What brings you autistic joy?



NatureMushroomsTreesP
okemonChopinViewing
art

Dog cuddles

Interesting conversations

Creative freedom &
expression , sensory joy of
stitching, exploring different
textures, colours

Reading

Reading

Moment when a system is
finally working

Kitty

What brings you autistic joy?



watching true crime documentaries

Playing with fibre and colours :-)

When I realise someone else has same thoughts/feelings/politics

Arts & crafts

caring for people i love and being taken care of in a understanding way

Connecting with neurokin.

Photographing cosplay

being in water

What brings you autistic joy?



The sound of rain on an umbrella, the smell of a forest after rain, the crunching of snow under my boots, a cat's purr.

Music - playing and singing, listening

Spending time in radical activist spaces

Sharing posts on The Autism Comedy Club group

Cuddling with my cats

Headphones

Sitting by a fire

Connecting with people on a deep level

6



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What brings you autistic joy?



Deep meaningful
conversations and forest
bathing

Beads

quiet

Loud music

Silence

Creating things, solving a
problem.

'Good' goosebumps

Astronomy

6



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What brings you autistic joy?



Watcuing my son flourish
in this accepting
community.

Connecting people to
useful resources

Puns

Fluffy plushies

watching and thinking
deeply about movies/tv
series

Definitely intellectual
conversation or reading

Flow states

Forest smells

What brings you autistic joy?



Being in a sense of flow

Spotting patterns

Feeling accepted

Blankets

Dancing (movement in general)

Constructive discussion

Being in a sense of flow

Dancing at rave/club, being immersed by the music around me

What brings you autistic joy?



The patterns in nature,
watching waves

Patterns

Crunchy snacks

Spending time with
animals

Paint

Creating music

Computer programming
(which was also my job)

Rain sounds

6



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What brings you autistic joy?



Getting lost in a good story (film, books)

Singing in harmony

Sensory joy and stimming

When sailing and the sails bellow.

Writing

Notion AI

Goblin tools!

Cuddling with my cats

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What brings you autistic joy?



I use a number of AI apps which help with anxiety and ADHD

Code wars (learning, training Programme)

Claude AI - similar to chatGPT but can handle more complex text prompts. Useful for things like philosophy or exploring complex ideas

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Do you know of AI that can contribute for autistic joy? What other AI tools would you like to have available?

Kindroid

Goblin tools! Amazing for making lists, and there's a tone analyser you can put emails into

Character.ai/C.ai

Can we have a copy of your presentation please Sarah?

Suppots family history research, my interest

Some sort of word generator

Claude

gemmini on google



Do you know of AI that can contribute for autistic joy? What other AI tools would you like to have available?

If it's free and not open source, usually your data is the product. I am concerned about the risks and dangers of using these tools especially with very personal things. Even though it is useful

I like the MeetUp app for socialising. There are events in most cities. It means you have people to go to events you enjoy without all the other commitments entailed in keeping up friendships

Tiimo planer app

I'd like a 'what does this really mean' tool that tells me multiple meanings of what someone's saying.

For painting and writing, there's something called the AI Horde, available for free, very similar to ChatGPT and Dall-E

Notion AI

Stable Diffusion for images

I'd like a tool that prompts like a remote PA



Do you know of AI that can contribute for autistic joy? What other AI tools would you like to have available?

Kindroid and Nomi.ai creates role playing characters to interact with

I use copilot at work

Pokemon Go, for socialising.
And as a distraction in busy places like airports

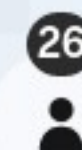
I would like an app for emotional and sensory regulation

I use Global
linksScholarcyGlean And
others

My son uses AutonoME as recommended by our Adult Social Care. It's a useful stopgap, but not a substitute for support from a real person

Duolingo - free and ties in with my interests. I'm friends with some other Autscapees too!

I love Goblin Tools but I wish it had more features.





Do you know of AI that can contribute for autistic joy? What other AI tools would you like to have available?

Replika

I'm concerned about risks and dangers too. I think these tools have a huge amount of positive potential but I also want to know how to use them safely and ethically.

Seconding wanting a tool that prompts like a remote PA - chatGPT can work but I have concerns about my data and also it needs very specific prompts which are hard to work out

Something to remind me what someone's name is by looking at their face

Samsung Unfear sounds interesting, but it would be interesting to see it outside of the Samsung "ecosystem"

Synthesia for video

I second the request for AI tools to remind me of people's names.

I used Riverside.fm to transcribe the interviews for my book. It was easy to use and way better than transcribing by hand.



Do you know of AI that can contribute for autistic joy? What other AI tools would you like to have available?

Something to help me task change when I get stuck doing something for too long.

ChatGPT For help in drafting emails and messages, even if they are really simple one

any AI tools that use legitimate data by getting the consent and permission of the original owners

Office 365 has a transcribe feature from recordings in Word if you use the app online. Obviously, not for things that are confidential or for work!

Are those roomba vacuums AI? I think one of those would give me joy as it vacuums my floor and also can be dressed up like a pet <3

I would like an energy tracker App.

Deepl.com

Brain in Hand has been developed to aid emotional regulation

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