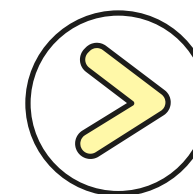


*The Autistic Culture Institute presents*

# ***BUILDING AUTISTIC-FIRST SPACES THROUGH PODCASTING***

with Angela Kingdon



Autistic  
Culture



# ***WHAT MAKES A SPACE AUTISTIC-FIRST?***

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## **Traditionally It's Been**



**Sensory Considerations:** Minimize lights, noises, and smells.

**Predictability:** Clear structure, visual signage, and readily available information

**Autistic Control:** Spaces are designed and controlled by Autistic people

**Communication:** Support for visual, written, and alternative communication

**Emotional Safety & Understanding:** Safe environment for expressing emotions, processing sensory input, and coping with potential meltdowns or shutdowns.








# ***SO... WHAT MAKES A PODCAST AN AUTISTIC-FIRST SPACE?***

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Podcasts Can Go Beyond the Medical Model

- These features help, but are still framed in medical terms
  - Because podcasts can usually be both made and listened to in spaces controlled by Autistics, this gives us a unique opportunity to create an Autistic-first space built on the social model entirely.
  - Introducing the 10 Pillars of Autistic Culture
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# ***AUTISTIC VS. ALLISTIC PODCASTING***

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What's the difference? Podcasting becomes a space, not just a show. On the Autistic Culture Podcast, we call it... Autistica.

- **Allistic:** Polished, top-down, mass appeal
- **Autistic:** Pattern-rich, sensory-driven, emotionally intense, SPIN-led

Tiny examples – we stim audibly, we do not use the default editing which removes pauses to emphasize our Autistic accents, we celebrate mazing.

***IF A PODCAST FELT LIKE AN AUTISTIC SPACE–NOT JUST INCLUDED AUTISTIC TOPICS–  
HOW WOULD IT SOUND? LOOK? FEEL?***



01

# PILLAR 1: BOTTOM-UP PROCESSING



Autistic understanding starts with the details. We absorb sensory data, observe patterns, and build meaning from the ground up. In podcasting:

- Embrace detailed intros and thoughtful preambles.
- Let deep dives and layered nuance drive the narrative.



## PILLAR 2 – RHYTHMIC COMMUNICATING

► Our communication styles include echolalia, scripting, infodumping, and verbal patterning. These are expressive, relational, and meaningful. In podcasting:

- Stim freely and lean into repetition and rhythm. (knit and chat?)
- Use scripting as a strength; echo meaningful phrases.





03

## ***PILLAR 3 – NORM-CHALLENGING***

- We question assumptions and resist social "shoulds." Authenticity beats conformity. In podcasting:
- Rethink norms like length, format, tone, and release schedule.
  - Example: The Autistic Woman's short daily episodes break the mold.

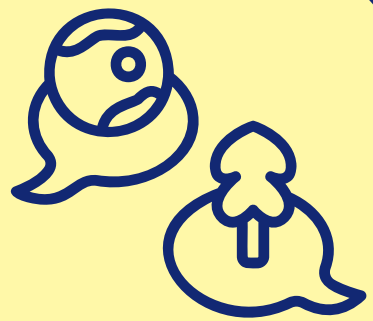


## ***PILLAR 4 – WORLD-BUILDING***



► We create immersive internal worlds—rich in narrative, sensory depth, and logic. In podcasting:

- Make connections across episodes and themes.
- Build mythology, inside jokes, and familiar elements your audience returns to. “Glass Slipper jokes”

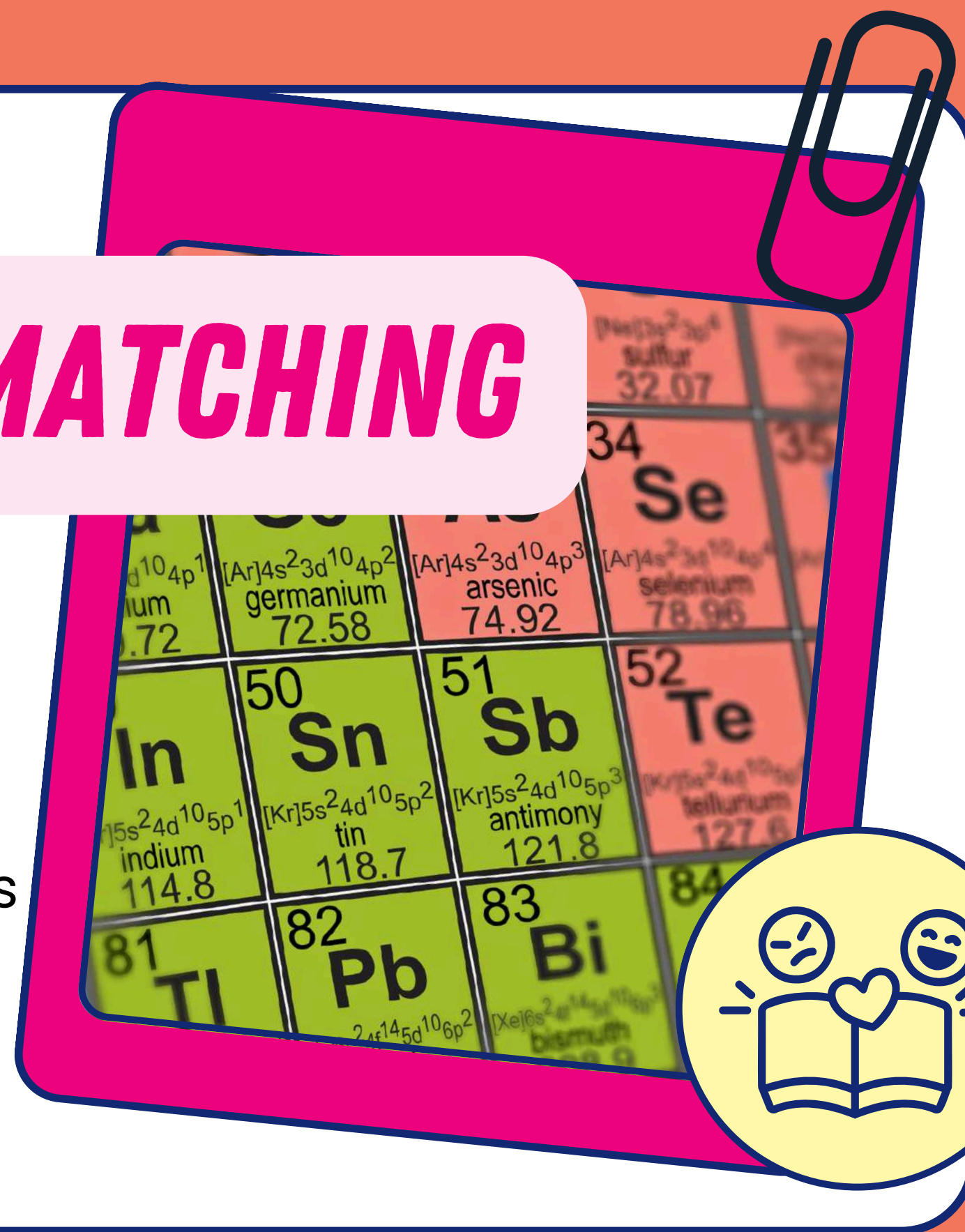




05

## PILLAR 5 – PATTERN MATCHING

- ▶ We link complex ideas through curiosity and structured thought. In podcasting:
- Connect the dots across seemingly unrelated topics.
  - Use pattern recognition to fuel themes and narrative arcs.
  - Example: A true crime podcast linking unsolved cases. (Only Murderers!)



## ***PILLAR 6 – GAME-CHANGING INNOVATION***

► We innovate by questioning the overlooked and imagining the unconventional. In podcasting:

- Try new structures – Anyway, About That
- Challenge what a “professional” podcast sounds like.
- Example: Underunderstood answers listener-submitted mysteries.

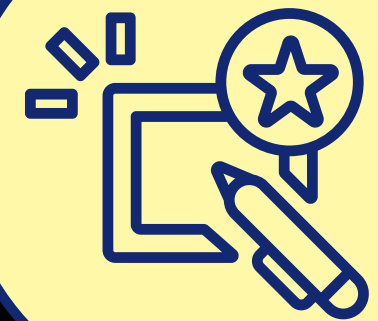




07

## ***PILLAR 7 – BOLDLY CREATING***

- ▶ We express sensory joy and emotional truth through art and passion. In podcasting:
  - Make shows about your stims and SPINs.
  - Let episodes reflect your creative process.
  - Infuse content with emotional authenticity.





## ***PILLAR 8 – PREDICTABLY COMFORTING***



Routine and reliability foster emotional safety. In podcasting:

- Use a consistent recording setup and schedule.
- Offer familiar episode structures.



09

## PILLAR 9 – JUSTICE SEEKING

- We care deeply and advocate fiercely. Emotional intensity drives our passion for fairness. In podcasting:
- Pick causes you care about—your passion will shine.
  - Invite guests who advocate boldly.
  - Let your values shape your episodes unapologetically.





## ***PILLAR 10 – PASSIONATE SUPERFANNING***



- SPINs connect us to media and fandoms with joy and devotion. In podcasting:
- Design for superfans, not the masses.
  - Build community around shared passions.
  - Be a superfan yourself—of your topic, your guests, your format.

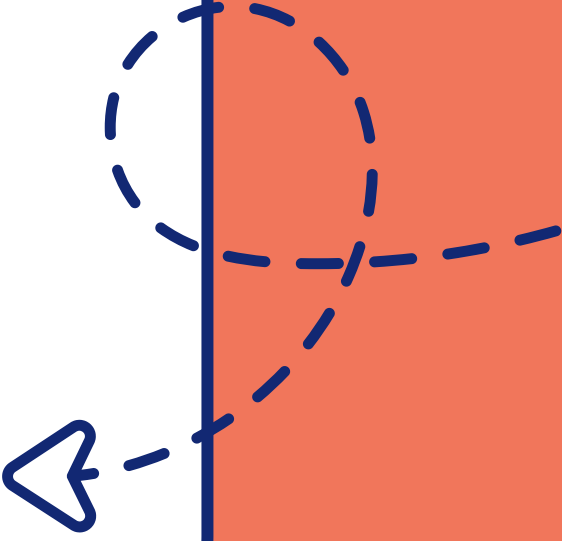







# ***CHOOSE YOUR PODCAST THEME***

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- **What's your main topic, focus, or theme?**
    - It doesn't have to be flashy. Interviews are popular.
    - Try anchoring the show around a SPIN (Special Interest)
    - Another option is to focus on a single community need
  - **What is your podcast called?**
    - Brainstorm a title that feels authentic and personal
    - Titles should be 1-4 words (5 max!)
    - Include a word your ideal listener would be likely to search
  - **Who wants to share/pitch your idea?**
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# ***TARGET YOUR LISTENING AUDIENCE***

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- **Who are you designing for?**

- What are their needs?
- What other podcasts do they listen to?
- What problem does your show solve?

- **Be Specific!**

- Name a community within the community
  - Not just Autistic people, but maybe Late-Diagnosed, or Parents
  - Even easier to grow a Eurogamers, or Pub Quiz audience
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# ***LET'S FORM YOUR PODCAST TEAM***

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**Showrunner** (Big Vision Keeper): Sets the theme, concept, and format

**Host/Co-host** (often also the Showrunner): Voice of the pod

**Producer** (Executive Functioning): Scheduling, logistics, booking guests

**Sound Engineer**: Select the tech, edit, upload, create, and stitch intro/ads

**Content Manager** (sometimes showrunner or host): Write show notes.

**Creative Director**: Brand designer and manager, makes visuals

**Social Media Manager**: Fan engagement, customer service, posting









# ***EPISODE STRUCTURE***

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- **What is the Format of Your Show?**

- Solo host | co-hosts | rotating hosts
- Interviews | Conversations | Deep-dive monologues
- Narrative | Fiction | Documentary | Game-based
- Ongoing indefinitely or fixed season (or multiple?)

- **Length and Segments**

- Episode length: Short and sweet or long and layered
  - Predication segments (Spin of the week? Justice Corner?)
  - Opening format: Cold open? post-interview intro
  - Closing ritual: Tagline or final question
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# ***EPIISODE OUTLINE TEMPLATES***

***"Scan  
Me!"***

**bit.ly/autscape**



***OR TAKE A LOOK AT MY EXAMPLE WRITE UP***

<https://bit.ly/anywayaboutthat>



**SCAN ME**

# ELEVATOR PITCH KEY ELEMENTS!

Show  
Title

brand  
VIBE

PODCAST  
DESCRIPTION

SAMPLE  
EPISODE



# EXAMPLE: BUT BE WEIRD, YOUR WAY IS THE RIGHT WAY!



**Anyway, About That** is a podcast where two neurodivergent sisters (one Autistic, one ADHD) try to stay on topic, but life (and pets, kids, work, and executive functioning capacities) has other plans. Each week, we promise to cover something specific (Sex and the City? Grief? IKEA meatballs?) and then spend the whole episode getting delightfully derailed. Or do we? Come for the banter, stay for the chaos.

## **Episode 1: 17 Conversations at Once**

We meant to talk about Sydney Sweeney and white supremacy. Instead, we talk about Max from Parenthood, ADHD kids, Canva hacks, eugenics ads, arbitration math, faceblindness, and a 12-year-old scrubbing trash cans. Oh, and Hamilton. This is the podcast. You're listening to it. Welcome to Anyway, About That.



# THANK YOU SO MUCH

Keep in  
touch!



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