



The Independent Woman's Handbook for Super Safe Living on the Autistic Spectrum

Robyn Steward

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Certain characteristics of autism, such as difficulty understanding social cues, may make women vulnerable to potentially dangerous situations. Robyn Steward has written this supportive guide to help all women on the autistic spectrum live independently, make their own choices in life, and be safe whilst doing so.

This book will provide you with the knowledge to recognise potential risks to your personal safety and the skills and strategies required to avoid and overcome them. Informed by a survey of, and interviews with, women on and off the autistic spectrum, it explores common safety issues encountered by women and offers practical advice to help you stay safe and supported in your independence. Topics covered include friendships, relationships and sex, alcohol and drugs, money and employment and staying safe outside the home and online.

This handbook is your guide to super safe living as an independent woman and will help you to stay safe whilst living life to the full. It may also be of interest to your family, friends and carers, giving them insight into life on the spectrum and confidence that you will enjoy your independence in an informed and safe manner.

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