

Pros & Cons Of A Formal Autism Diagnosis

Note: This document is provided to discuss the benefits of seeking a **formal** autism diagnosis with full informed consent of potential reasons not to seek this as well, and designed to spark thought and conversation. The autistic community recognises self-identification as valid, and therefore the many psychosocial benefits and protective factors of autism identification are not discussed at length here.

Pros

Provides confirmation of identity to confidently access self-identity rather than second guessing, and may give more permission to unmask

Protection and access to accommodations under the Disability Discrimination Act (1992)

Access to funding and support from insurance and govt bodies

Access to confidently access community resources and be amongst neurokin with reduced 'impostor syndrome'

Cons

Possibility of burden of proof to prove disability does not interfere with work or other occupations (e.g. driving)

Impacts on immigration possibilities if not yet a citizen or permanent resident (considered a medical burden)

May prove an additional barrier to certain professions (e.g. military, police)

May raise possibility of medical stigma (e.g. access to gender affirming care, parental custody etc.)