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Panoply panorama panpipe pansy aha pansexual: knowing no boundaries of sex or gender, sound interesting? Then join Sally on Sundays at noon for out of the pan. All those gender questions making you think too hard? Whether it's transgender bisexual polyamorous or beyond will throw those questions into the pan and cook up the answers for you. So go on push that gender envelope. Only on 3 CR 855 am digital and 3 CR dot org Dot au.

3 CR 855 am, 3 CR Digital, 3 CR dot org dot au, 3 CR on demand Out of the Pan with Sally first broadcasting noon through one every Sunday afternoon; thanks for your company. 3 CR broadcasts from the lands of the Kulin Nations at the intersection of the Wurundjeri and Bunnerong peoples and we pay respects to elders past, present and emerging. Hello to any Aboriginal, Torres Strait Islander First Nations people tuning in and always was always will be Aboriginal land.

I'm Sally Goldner. I use the pronouns she and her and I'm your host for Out of the Pan, a show covering pansexual issues knowing no boundaries of sex or gender or genre or diversity as I'll come to in a minute and thanks to the crew from Out of the Blue diving deep for the marine news as they do every Sunday from 11:30 to noon, currently Australian eastern daylight savings time for one last month of for the year.

Lots of ways to get in touch with this show out of the pan 855 at gmail.com. You can SMS six one four five six seven five 1215 tweet at Sal gold said so and that's the bottom line and also look, well actually no, I haven't can't get him to get a post going on Instagram today. The image does not want to work. So don't look for me there just today and also on Facebook Sally Goldner AM and out of the pan 3 CR 855 Melbourne. To snail mail into the station PO Box 1277 Collingwood 3066 any opinions expressed on the show are strictly my own not those of any organization with which I've been associated in the past or am currently associated with.

Possibly just our general playsafe not expecting anything huge today, but switchboard, which is part of QLife on 1 800 184527 rainbow door 1800 879 367 if needed but we are getting to the heart of diversity today with something that I think affects rainbow communities and intersections very strongly well, not think we know we've got plenty of evidence of it and I'm joined in the studio great to have my first in studio guest for 2024 by Bryce Pace who is an Autism Advocate.

Bryce welcome to back to 3 CR because you've been in before thanks for having me. It's great to be back after I think it was I think almost six years last time I was here so it's been a while. It's been a while and we will there's those two years that we don't really want to talk about even though we probably would be healthier if we got it out of that systems. But yes, you were in on one of the 3 CS great shows the boldness and talking about things that are very close to your heart because you have a

Seminar coming up which is of great interest because it's going to be called growing up autistic in a neurotypical world. And I think probably the place to start might be to get your definitions of neurodivergent since these Avedon Euro typicality and your definition of autism because you

know, and they're yours. So let's start there. So people know what you're wanting to talk about. Yeah, so

Leslie yet in our diversity it's based on the idea that everyone's brain is different. Everyone thinks differently. Everyone has a different personality. So everyone in the world is neurodiverse how then there's those that don't fit the typical mold of a brain I guess and we are what you refer to as being neurodivergent so that

Includes people that are autistic have a learning disability. There's a few men's health conditions that also come into your Divergence as well. The list is basically endless then there's also the the typical brain which is what we were those people that don't fit into the mold of being neurodivergent. They are will refer to as being neurotypical so it's a bit

Run down I guess of what your Divergence is now autism. Yeah as I mentioned before it's a form of neuro Divergence and it is a lifelong neurodevelopmental disability that affects the way that those of us that are on the Spectrum how we perceive and experience the world around us. So a lot of people they see ya on the in the media and that is that stereotypical or test.

Sick, that's usually a white cis-males can't talk or talks very Little Rock back and forth and that.

In my work I try and sort of broaden people's perspective on that because autism is a spectrum and it's not a linear Spectrum like most people assume when I say the word spectrum of work. It's actually I'd like to describe it as been a lot closer to being you know, the rainbow type of spectrum. Yes. Yeah just like there is endless possibilities of colors. There is endless experiences of autism. Everyone's experience with autism is different and unique to them.

They're not. Yeah now look there's lots of there's lots that comes up in there, you know to start off with I mean you had that people have a more, you know, sort of they'll see one person on the autism spectrum and think that's all of them. So people who let's say as you said can't talk or perhaps they're not picking up on social cues that were expected to pick up on in society those sorts of things and you know, so I think that that's a big one which we might talk.

Out for you know, I'll start there, you know sort of tell us a bit more about that that sort of you know, what is the concepts that will say if there is such a such a thing as a common factor across the autism spectrum, but then of course how you as you say, there's a whole range of differences. So tell us a little about that for just get just to dive in a bit further. Yeah, no problem. So, of course there is common characteristics and traits because yeah, otherwise we probably wouldn't be able to be diagnosed.

With autism. So yeah, there is a range of these and does include that we do find social situations and sometimes reading social cues challenging. So for example, yeah, I think there's already conversation happening in a room and I am yeah, I just walk in I may actually struggled to recognize when I could sort of step into that conversation that seeming rude or your budding in or anything like that. So that's actually

Really? I get really anxious in that sort of situation. I try to avoid it at all costs. Then. There's also reading social cues. I may not recognize sometimes when is the best time to shut up in a conversation? So I'll keep talking endlessly then there's also the very common thing that I've found for what of autistics is struggling to understand the sarcasm. That's because we do

Tend to see the world quite literally and sarcasm isn't literal to put it lightly. Obviously. I've got 25 years experience of interpreting sarcasm as an autistic how it does. So casually go over my head because we just I just don't understand who inventor why they came up with this concept and way can't just say what you mean some other common

And characteristics also include being hyper or hypo sensitive to senses. So you think of the five senses? Yeah good start, but actually more than five senses. However, I can't name those other ones have got really complicated scientific names and I can never remember them. It's of my head.

Yeah example for me is I actually have an extremely sensitive sense of smell to the point where I can actually smell someone chewing gum from across the room. Wow. Okay, and it's actually so sensitive that sometimes I can identify the flavor the chewing and sometimes even the brand name. So it gives you a bit of idea how sensitive our sensors can be and this is always a negative thing there is

Positive sides to if you want to find a great restaurant just follow me down the street. I find one I like but you probably don't want to get on my bad side because I could probably get easily take you to a bad restaurant as well on the other side of things. Another thing is also we can have intense interests or special interest is also commonly known in the community and what I mean intense, I really do mean it even if you accidentally come up with a topic we are

Interested in you will not be able to shut us up happily talk days on end without break and of course because we struggle to read social cues. Sometimes we may not be able to recognize you're bored out of your mind. So good luck with that one some examples of intense interest. I've had over the years actually mainly based around history. So there's World War Two history is one that I've really gotten into so I know

A lot about that side of things also. The moon landing is another one and yes, the moon landing did happen. That is a common question. I always get when I bring that up. Okay, so yes.

And there's also another thing which is stimming and stimming it's a very common. Yeah thing for autistics that anyone that doesn't see him sitting there are paved body movements or behaviors that we do that sort of it's our body's way of

It's a word.

Processing that's the word process in the world around us, you know something completely natural lot of the time. We don't even realize we're doing it and it can include stuff like a fluffy the hands rocking back and forth jumping I'm down as also vocal ones you've grunting and that as well. Yeah a common system that I've recognized I do quite often is I tend to rub my fingers together quite a bit and of course as you can imagine if I was doing that all day, I probably know.

Have any skin left, which is so not a good thing skins you yeah. Apparently, it's good. It is good to have skin. I'm trying not to be dry human or getting into sarcasm. Yeah. So that's actually why I carry around a fidget tool with me at all times and my pocket have one actually my hand right now and literally just a piece of bike chain. It goes around my fingers and I guess it gives me the same. Yeah bit of sensory stimuli input that

Aid yeah, and it means I had skin left at the end of that which is a positive. Yeah, not until there's a lot in there. You know that that you've covered there, you know that all those stimuli steaming sorry and you know that you've got a bit, you know Finding perhaps a substitute that is a win-win that's healthier than you know, as you say rubbing rubbing your fingers together and rubbing the skin r or something. We won't say it will come off all that.

Sort of thing and I just on a personal note. I can relate to the sense of smell thing. Although I don't identify myself as on the autism spectrum. I've done a few self tests and I think I'm close but it just doesn't I don't know. It doesn't quite fit in for me, but I can certainly understand having strong sensory perceptions. Mine would probably be of the five well-known sensors would be sweat smell which depending if it's a nice smell it can be swell, which is what my tongue was going to say and probably sense of sound.

But not site would be would be my thing. So lots in there. I would I want to go back to something you said earlier and that's the crossover or linkage to mental health stuff. Can you do that? That one's got me curious as well. Tell us tell our 3 CR awesome listeners because we don't have regular listeners. We only have awesome ones to tell us a bit about the linkage between Autism and mental health type of stuff. So we actually found that those on the Spectrum, roughly.

More likely to experience mental health conditions. Yeah for particular stuff like anxiety. That's a major one depression as well and also schizophrenia now had to bring this up because it's actually came up when I was doing a radio interview few weeks back and actually asked if there was if autism was a form of schizophrenia and it is not

That it's on a direct link that is actually unfortunately a very common misconception and actually comes from the early days of autism research because even where the word autism came from was this doctor, I think it was in the u.s. Who found that the a schizophrenia patient of his was displaying some behaviors that weren't really common to

The other schizophrenia patients. So that's where he came up with autism in saying that autism and schizophrenia are there two completely different things. It just happens that autistics are actually we're more likely to experience mental health conditions such as schizophrenia. Yeah. Yeah. I mean exactly. I mean, you know, there's no automatic linkage, but

Do you think that in terms of say the anxiety and depression is that because you're expected to fit into the expectations of a neuro tip so-called neurotypical society and new node becomes stressful trying to be something that you're not is that is that a factor and or other and are there others as well? I'd say that's definitely like a major factor. I know from my personal experience 25 years of lived experience. It is extremely stressful. Yeah growing up in a world

It was not designed with us in mind and we're expected to fit into this mold that we just we can't and that does bring up a lot of anxiety because we're we're trying to seem neurotypical seem as I put it when I was younger normal, which I don't really use that word much anymore because really what is normal. What is it? It's a setting on a washing machine or something. Yeah.

But yeah, but sorry keep keep going. I shouldn't have interrupted their myself, you know sort of trying to fit in I wanted to ask you about that, you know sort of when did you what were some of your early memories in your 25 years of even if you didn't have a word for it or didn't understand it of being autism and I'll say not fitting those neurotypical expectations doesn't you know, looking back now or even at the time anything come to mind.

You know, I was actually diagnosed with autism at the age of eight. So I was actually already in primary school at that time before primary school. I actually never recognize it as different because well basically autism the idea that I was autistic. It was just kind of normal in my household. That's because my older brothers also on the autism spectrum and there's also evidence Awards his'n on both sides of my family as well because autism

Some actually does have a genetic component. So it runs in the family you could say so I didn't really have an idea that I was different. And even after I was diagnosed my mother actually kind of never made it a big deal. She never hid the diagnosis from me.

It's just part of my identity part of who I was and it was only until I got two primary school and I began to be bullied for being different that I discovered. Hey, maybe I'm not like everyone else and that is also another unfortunate common thing for autistics is that we do tend to get bullied because we are so

Yeah different from neurotypicals and there's actually a statistic out there that's around about 90% of what if 6 have or will experience bullying at some point in their life. Wow. So yeah, it's very high. It's something that we have or unfortunately experienced. And again that is basically down to the fact that we're sort of forced to live in a world. It's not really designed for us and especially younger kids.

In teenager and kids and that

They could be mean yeah.

Yeah, no look very very true. And that's you know, which is a sad thing. I mean did you get I mean, it's great that your family was supportive and the autism was just sort of part of you know, you would just valued for who you were there. But how did what happened? How did what happened at school in terms of when you were bullied. I mean were no teachers admin staff at cetera supportive how it was it was anything done to sort of stop it or anything.

Well, unfortunately the cuz the Parma school I attended their sort of way of dealing with bullying that it was not great. They they said they did the best they could but really all they did was put a Target on those was it had been bleached because they would actually do come up to because I actually went to a Catholic school as well. Just

Probably says it all. Yeah, I basically their idea of dealing with bullying. Was it the bully down with the the victim the person being bullied and okay. So tell them, you know, it's wrong in that and actually remember one thing actually in at a school assembly. They did a whole bit on your bullying and there's like we're supposed to say stop. I don't like that and that's supposed to stop the bullying which

I still laughed that off of that today because it's just it's ridiculous. Like that's not going to stop it. That's not yeah, I believe is not going to automatically stop because you said that you don't like it. Yeah, if anything that's almost the opposite. It's going to make them, you know, do it more. Oh good. We're getting with you know with a bully what is sort of setting out whether they realize it or not to be nasty. So I'll good. I'm succeeding. You know, it's just not going to work what?

What would have worked with hindsight? What would you have liked to have happen and what you think would have worked because I think that's important that we understand at least can try

and take that part of it. What would have been better? I feel like the school needed to take the situation a little bit more seriously and also kind of not make it feel like it's our fault for being bullied because there's also another thing that sort of made it feel like where do you not the bully?

And sort of dive more into the reason why the bully is actually bullying as well. It's not Joe the time they're not doing it to really just because they're mean there's always like an underlying problem going on. Yeah, they're their own insecurities. Yeah.

So it needs to be looked at you need to be looked at in both sides and not a whole quick conversation in a room saying it's wrong to bullies. Stop bullying. Okay go out. Yeah, I better stay not going to do anything. It's not going to help settle you down and someone on the receiving end of the bullying and it's not as you say it's not going to stop their behavior. It's just it's if only it was that simple but it isn't. Yeah, which is there.

A part of the part of the problem and I know that thing I think that would be would have been useful and I think it is happening more schools. Now I have noticed is more education around disability and autism and that because I know when I was growing up most people didn't even haven't really even heard of autism. There's just this word. There's a day dedicated to her April that's about it. You see stuff on TV and yeah, there wasn't any education teachers.

Or to students about what it actually is. Yep. No. Well, that's true. And look. I mean I admit that I hadn't heard I'll say words similar to autism until the early 2000s, you know, so that was you know about I remember when it came up and by that time I'm 35 plus years old. So I'm over halfway through my life thus far and yeah, it was like, oh what's this about and it was

Now look it was a little it was a learning curve and because we have the support from my from my point of view of someone as I say who I don't really believe is autistic. Although highly neurodivergent with another form. It was a surprise. It's a I okay and I'd been brought up with the very strong ideas about social cues and so-called politeness and there's nothing necessarily impolite about autism in it and the orchard autism and relevant behaviours in themselves.

Such as they are what they are, of course, so it is a surprise, you know, it was just a sort of this I cage something I need to learn about was I suppose the response but a lot of people sadly don't see it that way and I think there's an issue there which I want to get on to a lot of people you were recognized early at age eight, which is great. But a lot of people going Beyond Your Own Story for a second don't get that will say don't have that happen, you know, they don't realize that their autism until much later on the Spectrum until much later.

Yes, I was actually for now. I was actually diagnosed quite light just to be fair because males are actually usually diagnosed quite early on in life. However, there is a bit of a a problem out there at the moment that to get diagnose the diagnostic manual. It's based around male or indication that these are the traits and that that come up with male or telephone.

26 and doesn't really come up with maybe other genders and that out there because it can yeah, the maimon the ratio for male and female. Yeah, I'm not going to really include the other genders because there is no unfortunately there is no research on that. Yeah, but

It's round about like to everyone girl. There is for boys that are on the autism spectrum and that's because what have characteristics and traits actually they appear some differently in girls

and boys and also girls are apparently more likely to mask their autism as well just as fit in with the rest of the group. So a lot of the time they don't get diagnosed and

To like mid-teens right through adulthood. Yeah, and yeah that is not really just on then it's also on the medical community a lot of doctors in that unfortunately don't believe girls can be autistic. So to this day it is that misconception that only boys can be autistic, which is simply not true. Yeah.

Yeah, look there's a lot in there and I want to just want to come on with had a message in from Kayleen one of our awesome listeners who are said she has looked at your website. It has a lot of great resources and she said when she worked in an office, she would roll her chair back and forth a few inches and it wore out the carpet to her manage. Some appointments took me years to work out. It was a form of stimming less harmful than skin pricking cetera. Never knew she was autistic try to working life.

Which made things worse to cost time stress and limited benefits means that her later age means she won't seek a formal diagnosis and also agrees on what we said telling a bully they are being successful and tell them to stop won't lessen the bullying. Thanks Kayleen. Yeah, look I very much agree with that all of that. You know that there's so much in there. And yeah, I'm

Is some you know, sort of we have to be a little specific on gender here when we're talking male and female. So you're saying that of the population who are recognized on the autism spectrum, four out of five. I'm going to be precise assigned male. So that is could be trans women could be non-binary and assigned female could be cisgender women trans men and some non-binary as well. Is that what but we're sort of talking here.

Yes from my understanding of the research. Yeah. Yeah, unfortunately when it comes to autism and almost disability a lot of the research, they never really think about the intersectionality avoid his mm and the lgbtqia+ community. It's still very separate. Which yeah, it's why people like me are actually out there trying to change because it's I think it's kind of dumb that we're looking at. These are separate issues.

The not they combined. Well, absolutely. I mean the piece of research on trans alone that sticks in my mind was the 2017 telefon youth research on trans which found that and this was trans people up to the age of 25 and they found that 29% of the respondents. So they're all trans to start with 29% were either diagnosed or I will and I had this is an appropriate term self.

It is on the autism spectrum and that's and when that research came out many people who work with trans young people said that's too low. They would put it at 50% and I know transgender Victoria when I worked there due to a not so much a formal research piece, but they ask trans people about intersectionality and fifty percent said new row Divergence in some form was important to them. So I think there's a lot of overlap and I think we're beginning

To get research for by an dates which is important as well. So it's surprising we haven't had more research which isn't everything but it helps to have the research in there because it just you know, it's almost seems to given in I'll use the shorthand queer communities. There's so much autism around. Yeah. So actually there is research out there that actually says that say to those Muslim Spectrum are actually more likely to identify it.

Being lgbtqia+ then the neurotypicals. Yeah, so we're actually two times more likely to identify as being non heterosexuals, that could be bisexual gay. I can't think of the others at some head of the result. Yeah asexual.

Yeah, I can think of them off the top of my head. But yeah, you get what I mean. I'm with you this so diverse sexual romantic orientation. Yes, he's an expression. Yeah, we're actually up to three times more likely to identify as being transgender or gender diverse. Yeah, so it gives you a bit of an idea, especially when it's one in about 60 Straley ins or on the autism spectrum. What harm Okay, so

Sort of compare that to how big the lgbtq community is here in Australia.

Yeah, there's a lot of as rubs obviously going to be represented in the community. Yeah, but that's whining 60. So that's you know in percentage terms is about 1.6 percent if I have that right or 1.7. I'm but I'll be a mathematics geek there. I ate heard two to three percent. I mean, we're not I mean, we're probably splitting hairs to some extent of the whole population of all the all the humans and so I mean when we start doing the percentages it

It's got to be got to be huge and we start putting all these figures together definitely seems to be overlap. Yeah, and it's just that it's yeah, it is very surprising. We haven't had more more research than on this apart from the Telethon one looked at it a little bit as I said, yeah, you've touched on set arm sexuality own romantic orientation, which is of great relevance to this program.

Well, how was you know, you've you're out as being under the be for by I can ask first of all, what labels if any of you use to describe that just out of curiosity and how what was that Journey like both individually and then connected to being on the autism spectrum if there was if there is a connection so how does it all kind of fit into the whole person? That is Bryce Pace autism Advocate. Yeah, so I do as of

Two years ago now identify as been bisexual and I'm not like definitely

It's not like a concrete sort of identity for me at the moment because I sort of see it as my definition of it is sort of the more broad definition of it with his been attracted to my own gender and others. Yeah, that's because I'm still exploring. I'm no I've got attraction to male and female the beyond that I'm not sure yet. Yeah, so who knows what I will be in the future.

Now

So I've lost where I was that's right. Yes. It is that Jamie is coming out is by which he said only a couple of years ago and you're still exploring but and but also linkages to autism which you've sort of covered but anything for yourself personally. Yeah. So as I mention yeah being bisexual is still a pretty new part of my life. So only did only begin to understand and sort of accept it, you know a couple of years ago and

I probably came out as bisexual in October 20 22 and that was actually on my website and social media profiles on my business.

And yeah, that was after I was 23 at that point. It was after 10 years of trying to figure out my sexuality because I really did struggle and that I do believe that was partially due to my autism but also being bisexual as well because I actually

And also growing up where I did because I also grew up in Regional Victoria in the early 2000s, which as you can imagine wasn't exactly. Mmm. Yo friendly to anyone that wasn't straight. It's just sexual and I didn't even have any access to any accessibility accessible lgbtqa+ education or resources at that time nor did I have a exposure to community?

Me either because growing up. Yeah, there was there was basically just no recognition of the community in Regional Victoria really if you weren't heterosexual. You just didn't talk about it. Yeah, and you know, it's so bad that growing up. I can actually count the number of openly lgbtqa+ individuals. I knew you know on one hand and I didn't actually even

Even know that bisexual bisexuality or meet another bisexual until I think about yeah. Yeah eight or nine in high school. And that's only one. I didn't need anyone else until after high school and started so you moved here in Melbourne. So there was that

Just not understanding that this sort of identity did exist is could be anything and what did actually eventually help me said be attentive to myself was firstly understand what attraction actually is because yeah, then I didn't really understand the full spectrum of Attraction and it's sort of understood at that point that the media said puts it out there as being this really easy thing to know about you just

Feel it. And now I'm really breaks it down to actually describe what it is. I guess for those that are only attracted to one gender and that impulsively is easier to understand what attraction it's but being autistic and also being bisexual that time. I didn't know I was bisexual but be multi-gender distracted.

I couldn't really figure out I can't really separate understand what I was attracted to what I wasn't because I was feeling similar feelings for multiple genders, which could be confusing for anyone. So I didn't actually understand that I had to figure that out and I didn't figure that out until two years ago and I found a scientific article 11 that broken down and now I've actually adapted that into a

Resource on my website I'm gonna have to check that out that is of great interest to me is very fascinating and every time I bring it up with people when I will also be bringing up in my upcoming seminar, which would probably talk about later on. Yeah, but yeah breaks down into five. I types of attraction that everyone sort of feels it at different levels in that house sort of from

That that shapes your sexuality just really fascinating and it really did help me and I've seen some other stories online from autistics do identify as being lgbtqa+ that they found similar resources very useful as well. Just sort of understand their sexuality. Wow. I never thought about it that way. You've got me very very curious, but I

Keep focused on this program for the remaining. I take minutes for the show. Yeah, there's that's that is just got me absolutely fascinated talk about the people on the autism spectrum being passionate about topics. That's yeah, that's a piece of depth that I just wouldn't have thought of and that's shows the awesome awesomeness of people on the autism spectrum. And you know, I think that you know, when

When we bring get people when people can be their awesome authentic selves, it's much better of course, and that's something I wanted to ask you about and you've given a couple of thoughts about this, but generally what can people who are say might be or Relic that is not on

the autism spectrum for lack of better words, but also generally might not see themselves if they thought about it as neurotypical what sort of allyship can people do will start first of all for people on the Spectrum, you know, what sort of thing

I mean, yes, every case is individual of repeat every human I should say but what sort of General tips might work and maybe some specific ones for someone like yourself what will make things help you function more effectively as a human being. Oh, I think firstly yeah education is a major factor something I advocate for mostly with all my work in that yeah, if you are an ally want to be an ally

Way to the autism Community bringing people like myself. Yeah, I run my own autism advocacy and consultancy business in Melbourne and do actually service all the Victoria. You can bring me in I can provide training and there's a lot of those was out there that also do the same thing. We bring both professional experience also lived experience, which is vital. So that's

Firstly the main thing that you can do is to educate yourself on. Yeah autism and some other things that you can actually do to accommodate those values on the spectrum because majority of the time they combinations that need to be made inexpensive their accommodations such as well. There's more expensive one which is, you know, a quiet room or a sensor room, but there's also things like when you're employing people

Those are other ways of doing job interviews instead of doing a job interview doing a work trial when it comes to events as stuff like having since reheat Matsu describe all the different sensory inputs and parts of the event also social stories and actually have a example of a service social story next to me today and it's actually for my again my upcoming seminar, which you can see on my website example of the social story and walks people through the

The entire experience from getting there all the way through to weaving and tells you exactly what to expect before you get there. So you can prepare and now they can just go on I could talk about this all day, but we are at the old take more. I think the more tips we can get out there the better so go go go go go. But yeah, if you want to know more you can just reach out to me I could again talk all day about this when it comes to those was

Sort of part of the intersection of belN lgbtqia+ and autistic help us advocate for better resources and services that can accommodate for our full identity. Not just one or the other because unfortunately that is basically all that is available at the moment. I know when I was trying to find a psychologist for my through my ndis plan trying to find one that was queer firming and neuro for

Firming was virtually impossible because yeah, you can get one of the other is just trying to find both. It's sort of a niche market at the moment. Yeah, so that is a big one and they're also goes into of course lgbtqia+ resources having them more accessible to different abilities and services lgbtqia+ services and Disability Services as well.

Yep. No it is that all the intersectionality you don't want to go to say one mental health professional for one part of you and another for another and then you repeating yourself and maybe you're explaining one but not the other to the other etc. Etc. It's yeah, very very difficult when that happens for sure. Let's get to the 22nd of March at noon because there's a big event happening then you know, what is that event?

Bryce yeah, so I am hosting a seminar or the Glenora town hall and it's called growing up autistic in a neurotypical world and it's basically me and my mother we're going to be talking from our experience our personal experience also professional experience. Yeah about our story our experience with autism a journey with autism as it as it will and

It's a good way for those that are interested in learning bit more about autism whether there may be think there may be autists themselves or they want to be an ally to get some useful practical tips and resources because we will be going through all this especially fact that yeah, we don't just bring in the personal lived experience of me being 25 autistic. My mother been a parent of two autistics not just me. Also my older brother.

But she also has over 30 years experience in disability sector of educating autistics and disability the why disability Community but also she does specialize in autistics, hence because raising towards his sixth come does that yeah, just just a bit. Yeah. Hi Angela out there and she'll be presenting with you at Glen eira Town Hall.

I'll pop the flyer up for this when I put corner of glitter and Hawthorne roads over there in Caulfield. I'll put the flyer up with the scanty code when I put the podcast up for the show, which is also sorry. Yeah, I'll also be not just talking about my experience of autism, but I'll also be going further in depth of my journey of yeah, figuring out understanding my sexuality as well. And what is this some me to be

Yeah, yeah fantastic as I put it in your ass by senior queer person. I am today Heroes poxy. I like that. That's excellent. Neuro spicy. I think that's going to get that's going to go in the promotion of the podcast. It's a neuro spicy podcast. I like that. I think the actor and I think that's great. I mean, I think we you know, when you are when we do face I use the term negativity just for being who we are whether it's part of our

Queer or neurodivergent identity we tend to get it tends to get put down neuro spicy really says, hey look look what we offer. I think that's great. And I just had to say to Kayleen. I mean since when we're talking Solutions Simple Solution, why couldn't the manager of just bought one of those plastic mat things to put under the chair and that way the carpet wouldn't have worn out it's as you say, it's not bird hard. It isn't that hard really and a lot of the time you just got to think outside the

Box. Yeah, well, I could be very I could be very sarcastic here. So I'll give you a sarcasm warning management and thinking don't always go together unfortunately, or is that a dry humor warning or something? Anyway, yeah, no look seriously. I mean this is just great. This is what the sort of stuff we need. Yes. We can't ignore that the world sometimes isn't ideal but you know, we can work out Solutions and

Make it better and you're doing that which I think is just absolutely phenomenal and you know, we need that sort of thing happening. So it's great that you make a difference. There was one other question. I was just going to ask which is one of those apropos of Nothing questions. And that is outside of autism. Do you what else do what are your other interests? I mean do you mean the people we asked about the word Hobbies is that sort of thing or outside passions do when you need to turn off a bit from autism?

You can see what do you do? Well, actually I'm a bit of a workaholic and said I always try and keep up to date with current going on. I'm going on what's goings on. Yes, that's what I was

thinking of, um, if the community and trying to learn a bit more about my own identity as well because I never put myself out there as being like an expert on everything autism.

Because it's impossible to actually know everything about autism. It's something that's where we're constantly learning new things about and it is fascinating as also I'm still waiting bit more about the lgbtqia+ community because I'm still new to it and still.

Yeah, I'm still very new to the community. So I'm trying to engage more with that attending some of Vents and that last night watching The Mighty Growers on TV. Yeah, which I love the disability representation in that just to put that out there. It's getting much better than what it has mine sending previous years in that.

And just simply just relaxing watching TV and that's I don't really have many hobbies outside that I was just I was just curious as to what they might be. We'll just take a quick break. I'm just going to do a couple of quick Community announcements then we'll come back and wrap up the show and Make Way for freedom of species who are talking about vegan parents today. So you're on 3 CR 855 am 3 CR Digital 3 CR dot-org w3c our on demand out of the

The pan with Sally and guest Bryce pace

We're having a technological moment or pressing R 3 CR is about community and we welcome your participation at the station 3. CR is open to a wide diversity of volunteers and is a great way to connect with Melbourne's activist Community. Have you ever thought about volunteering doing a reception shift getting a program on are training in radio skills or contributing to one of the station's committees? There are many ways to be involved at 3 CR to find out more.

3 CR dot org dot IU and get in touch.

Tyler for lover my Llewellyn a Kia Orana for California to Kira Lisa Bula. Vinaka, Aloha woman Jessica and hello. This is p expand Iran 3 CR 855 am Community radio the voices of our community talking. Quit Pacifica talking us Saturday afternoons 1:30 to 2:00 only on 3 CR.

I'll join us as we share the stories of our diverse people from arts and culture to news and opinions and information about our community for our community as a collective. We are all proud Pacifica diasporic advocating for our people from the lgbtqia+ Spectrum. This is presented by the Pacific X Collective and produce on where wind real and in the Studio's of 3 CR in nam, Melbourne.

One of the great quit programs on 3 CR one of all the great programs Pixar movie great to have them as part of our quieren diverse family and Kayleen messaged in about the plastic carpet thing and said management did do it and win just about the cost. No, yes, those issue like this. Look we're just about out of time Bryce just any last Quick thoughts or if we got it covered.

Third I think just basically got to cover but if you want to learn more about my story and that feel free to come along to my seminar on the 22nd of March, which isn't that too long ago. You can learn more about the seminar by heading to my website www.realisticpencildrawing.com. And it's on the events page. Absolutely brilliantly done Bryce a wealth of information wishing you every success health and happiness with the seminar.

It's your life and your family's life and everything. We opened up today. We've only had two musical tracks today. We opened up with Diana Wolfe and the Wolfe Gang from what's cooking

and what's the time Mrs Wolfe will take it out today with Graeme Connors and well, sometimes you have to do it take The Road Less Travelled. Thanks for tuning in to out of the Pan. Thanks once again to Bryce Pace my guest for today. I'm Sally Goldner. Catch you next week.