

Diagnosed at 70: My Journey from Pain to Healing

Description

Andrew's Late Diagnosis of Autism: A Journey of Self-Discovery

All his life, Andrew Davies felt like an outsider, believing there was something fundamentally wrong with him. However, this perception shifted dramatically when, at the age of 70, he discovered he was autistic. "It's simply how I'm wired," he reflected, emphasizing that his way of perceiving the world is just different.

Research indicates that a staggering 90% of autistic individuals over 50 remain undiagnosed. In England alone, it is estimated that between 250,000 and 600,000 people within this age group may be living without a formal diagnosis. Andrew noted, "Autism has long been viewed as a childhood condition, but it is indeed lifelong."

Having enjoyed a distinguished career in politics, Andrew served as a minister during the early years of the Welsh government. Despite his public role, he often struggled with social interactions, feeling overwhelmed by the unwritten rules of conversation. "People might think I'm reserved, but it's really shyness coupled with a struggle to know what to say," he admitted.

In addition to social challenges, Andrew experiences hypersensitivity to sensory stimuli; for example, he finds loud noises and certain smells distressing and overwhelming. This sensitivity, along with his intense interests—often described as hyperfixations—has shaped his experiences.

Ultimately, receiving his autism diagnosis was a revelation for Andrew, providing clarity about his life struggles. "I wasn't broken; I just needed to understand myself better," he said. This newfound awareness has enabled him to embrace his unique identity and seek the support he deserves.

Vocabulary List:

- 1. Outsider /aʊt'saɪdə/ (noun): A person who does not belong to a particular group or community.
- 2. Hypersensitivity /,haɪpər,sɛn.sə'tɪv.ɪ.ti/ (noun): An exaggerated response to sensory inputs.
- 3. **Perception** /pərˈsɛpʃən/ (noun): The way in which something is regarded understood or interpreted.
- 4. Struggle /'strʌql/ (verb): To make a strenuous or labored effort.
- 5. Diagnosis /,dai.əg'noʊ.sɪs/ (noun): The identification of the nature of an illness or other problem.
- 6. **Embrace** /ɪmˈbreɪs/ (verb): To accept or support willingly and enthusiastically.

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. What type of disease occurs when the immune system mistakenly attacks healthy body tissues?

Option: Exhaustion
Option: Autoimmune
Option: Influenza
Option: Conjunctivitis

2. How is the flu virus primarily spread from person to person?

Option: Diagnosis
Option: Vaccination
Option: Transmission
Option: Disinfection

3. What term describes an increased likelihood of developing a particular disease based on genetic factors?

Option: Initiative

Option: Predisposition
Option: Combustion
Option: Hypersensitivity

4. Which term describes a person or group at a higher risk of being harmed?

Option: Perception
Option: Inflammation
Option: Outsider
Option: Vulnerable

5. What factor refers to the ability to make a purchase or pay for services?

Option: Cultivate
Option: Affordability
Option: Transmission
Option: Pollution

6. What process involves identifying a disease or condition based on symptoms and test results?

Option: Excessive
Option: Consumption
Option: Diagnosis
Option: Advocate

7. How does pollution primarily enter the body causing potential health issues?

Option: Strategies Option: Inhaled Option: Initiative



Option: Influenza

8. Which term refers to the way in which something is viewed or understood?

Option: Predisposition
Option: Perception
Option: Advocate

Option: Hypersensitivity

9. What term means to accept or support something willingly?

Option: Epidemiologist

Option: Embrace
Option: Pollution
Option: Vulnerable

10. What term describes a difficult and prolonged effort to achieve something?

Option: Struggle Option: Initiative

Option: Hypersensitivity Option: Affordability

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11	can occur due to prolonged physical or mental ex	ertion leading to fatigue.
12. After facing a challenging	situation a sense of ma	y bring comfort and
relaxation.		
13	is an inflammation of the transparent membrane	covering the white part of
the eye.		
14. Taking the	to start a new project can lead to posit	tive outcomes and progress
	of unhealthy foods can contribute to va	
16. An	for change promotes and supports actions for	a specific cause or issue.
	can help in achieving long-te	-
18	in the environment can have negative effects on	human health and



ecosystems.		
19. It is important to new ideas to foster innovation and growth.		
20. Individuals with may react strongly to certain triggers due to heightened		
response.		
Matching Sentences (Match each definition to the correct word from the vocabulary list.)		
21. He was in when he heard the unbelievable news.		
22. The annual vaccine is recommended to reduce the risk of flu infection.		
23. To be successful in life one must positive habits and attitudes.		
24. Maintaining an optimistic outlook can enhance one's sense of .		
25. She acts as an for animal rights and welfare in her community.		
26. Individuals who may have been exposed to a contagious illness are placed in to prevent spread.		
27. The process of fossil fuels burning results in and the release of harmful gases.		
28. Feeling like an among a new group of people can be challenging.		
29. Efforts to reduce air and water are crucial for environmental sustainability.		
30. Understanding the modes of of infectious diseases is vital for public health interventions.		

Answer

Multiple Choice: 1. Autoimmune 2. Transmission 3. Predisposition 4. Vulnerable 5. Affordability 6. Diagnosis 7. Inhaled 8. Perception 9. Embrace 10. Struggle

Gap-Fill: 11. Exhaustion 12. Relief 13. Conjunctivitis 14. Initiative 15. Consumption 16. Advocate 17.

Strategies 18. Pollution 19. Embrace 20. Hypersensitivity

Matching sentence: 1. Disbelief 2. Influenza 3. Cultivate 4. Positivity 5. Advocate 6. Quarantine 7. Combustion 8. Outsider 9. Pollution 10. Transmission

CATEGORY

1. Health - LEVEL4



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