



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** /ˌhaɪpər,sɛn.sə'tɪv.ɪ.ti/ (noun): An exaggerated response to sensory inputs.
3. **Perception** /pər'sɛpʃən/ (noun): The way in which something is regarded understood or interpreted.
4. **Struggle** /'strʌgl/ (verb): To make a strenuous or labored effort.
5. **Diagnosis** /ˌdaɪ.əg'nɒs.ɪs/ (noun): The identification of the nature of an illness or other problem.
6. **Embrace** /ɪm'breɪs/ (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 exertion leading to fatigue.

12. After facing a challenging situation a sense of _____ may 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 positive outcomes and progress.

15. Excessive _____ of unhealthy foods can contribute to various health issues.

16. An _____ for change promotes and supports actions for a specific cause or issue.

17. Developing effective _____ can help in achieving long-term goals and success.

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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