



Discovering Healing: My Journey from Feeling Broken to Diagnosis at 70

Description

Andrew and Zoubida on their wedding day.
Courtesy of Andrew Davies

Andrew felt different until he found out he is autistic at age 70.

Andrew Davies is 72 years old. He thought something was wrong with him for a long time. This changed when he learned he is autistic at 70.

Many older people may not know they are autistic. A study shows that about 600,000 people over 50 in England might be autistic but undiagnosed.

Andrew had a long career in politics. He found it hard to understand how to talk in groups. He liked to be alone or with one friend at a time.

Now, knowing he is autistic helps him understand his life better.

Vocabulary List:

1. **Autistic** /ɔ:'tɪs.tɪk/ (adjective): Relating to a developmental disorder characterized by difficulties in social interaction and communication.
2. **Diagnosed** /'daɪəgnəʊzd/ (verb): Identified a disease or condition in a person.
3. **Career** /kə'riə/ (noun): An occupation undertaken for a significant period of a person's life with opportunities for progress.
4. **Understand** /,ʌndər'stænd/ (verb): Perceive the intended meaning of (words a language or a speaker).
5. **People** /'pi:.pəl/ (noun): Human beings in general or considered collectively.
6. **Group** /gru:p/ (noun): A number of people or things that are located gathered or classed together.

Comprehension Questions



Multiple Choice

1. How old is Andrew Davies?

- Option: 70 years old
- Option: 72 years old
- Option: 75 years old
- Option: 68 years old

2. What did Andrew Davies discover about himself at age 70?

- Option: He is autistic
- Option: He is a musician
- Option: He has a medical condition
- Option: He is a writer

3. How many people over 50 in England might be autistic but undiagnosed?

- Option: 200,000
- Option: 400,000
- Option: 600,000
- Option: 800,000

4. What was Andrew Davies' career?

- Option: Engineer
- Option: Politician
- Option: Physician
- Option: Artist

5. What aspect of social interaction did Andrew Davies find challenging?

- Option: Speaking multiple languages
- Option: Talking in groups
- Option: Public speaking
- Option: Writing emails

6. How does knowing he is autistic help Andrew Davies?

- Option: It doesn't help him
- Option: Understand his life better
- Option: Make more friends
- Option: Solve complex puzzles



True-False

7. Andrew Davies discovered he is autistic at age 68.
8. Andrew Davies preferred being alone or with one friend at a time.
9. Andrew Davies had a short career in politics.
10. Being diagnosed as autistic has negatively impacted Andrew Davies' life.
11. Andrew Davies' discovery has helped raise awareness about autism in older individuals.
12. Knowing he is autistic has made Andrew Davies feel more isolated.

Gap-Fill

13. Andrew Davies found out he is autistic at the age of _____.
14. A study suggests that about 600,000 people over the age of 50 in _____ might be autistic but undiagnosed.
15. Andrew Davies struggled with understanding how to communicate in _____.
16. Andrew Davies' career was primarily in the field of _____.
17. Now that he knows he is autistic, Andrew Davies has a better understanding of his _____.
18. Being diagnosed has provided Andrew Davies with a new perspective on his social _____.

Answer

Multiple Choice: 1. 72 years old 2. He is autistic 3. 600,000 4. Politician 5. Talking in groups 6. Understand his life better

True-False: 7. False 8. True 9. False 10. False 11. True 12. False

Gap-Fill: 13. 70



14. England 15. groups 16. politics 17. life 18. interactions

Vocabulary quizzes

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

1. What term describes a decrease or reduction in something?
Option: Triplet
Option: Quadruplet
Option: Decline
Option: Embryo
2. What term refers to the ability to conceive children or young?
Option: Shadow
Option: Fertility
Option: Laser
Option: Interact
3. What term refers to the application of scientific knowledge for practical purposes?
Option: Material
Option: Discovery
Option: Technology
Option: Asteroid
4. Which word indicates making something different or altering it?
Option: Surface
Option: Change
Option: Pass
Option: Shake
5. What word is used to describe something shining or full of light?
Option: Bright
Option: Autistic
Option: Diagnosed
Option: Career
6. Which term means to keep something in a good condition or preserve it?



- Option: Understand
- Option: People
- Option: Group
- Option: Maintain

7. What unit of energy is commonly used to measure the energy content of food?

- Option: Calories
- Option: Metabolic
- Option: Expenditure
- Option: Adjust

8. Which term describes the accomplishment of an aim or purpose?

- Option: Maintain
- Option: Success
- Option: Autistic
- Option: Decline

9. What word refers to a collection of individuals who come together?

- Option: Change
- Option: Group
- Option: Calories
- Option: Shadow

10. Which term means to communicate or work together with someone or something?

- Option: Bright
- Option: Interact
- Option: Technology
- Option: Fertility

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

11. The _____ used in the construction of the building was of high quality.

12. Regular exercise can help boost your _____ rate.

13. The scientist made an important _____ that changed the field of physics.

14. When nervous some people tend to _____ their hands.

15. The child was _____ at an early age.



16. The doctor provided some helpful _____ for leading a healthier lifestyle.
17. It is important to _____ your sails to catch the wind properly while sailing.
18. I could see the train _____ by as I waited on the platform.
19. During the early stages of pregnancy the developing baby is called an _____.
20. The tree cast a long _____ across the lawn in the evening sun.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Doctors used a focused beam of light to perform eye surgery.
22. Space scientists study rocks orbiting the sun that are smaller than planets.
23. After the assessment the nutritionist provided suggestions for a balanced diet plan.
24. She gave birth to three babies at the same time.
25. The top layer of the earth is known as the crust.
26. She has been working as a lawyer for the past ten years.
27. The doctor determined the illness after a series of tests.
28. There is a diverse group of individuals living in the neighborhood.
29. The company carefully tracks its financial spending to stay within budget.
30. The object blocked the light creating a dark area behind it.

Answer

Multiple Choice: 1. Decline 2. Fertility 3. Technology 4. Change 5. Bright 6. Maintain 7. Calories 8. Success 9. Group 10. Interact

Gap-Fill: 11. Material 12. Metabolic 13. Discovery 14. Shake 15. Autistic 16. Recommendations 17. Adjust 18. Pass 19. Embryo 20. Shadow

Matching sentence: 1. Laser 2. Asteroid 3. Recommendations 4. Triplet 5. Surface 6. Career 7. Diagnosed 8. People 9. Expenditure 10. Shadow



CATEGORY

1. Health - LEVEL1

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