



# Basic Understanding of PDA Autism is Critical for Safety

## **Basic Understanding of PDA Autism is Critical to the Safety of Neurodivergent People**

### **The Lived Reality of High Support Needs PDA Autists**

High support needs PDA autists face a constant struggle to navigate a world that their neurobiology perceives as threatening. This results in a highly sensitive threat response, limited window of tolerance, and automatic "fight or flight" activation, overriding their safety instincts and basic needs.

Parents and caregivers of PDA autists understand that their child's behavioral expressions are symptoms of their nervous system disability, not inherent traits. They know that traditional strategies can exacerbate dysregulation, and that losses of autonomy and equality trigger threat responses.

### **Effective Support Strategies**

To support PDA autists, it's essential to use de-escalation techniques, provide accommodations and flexibility, and employ non-authoritative language and body language. Nervous system co-regulation, autonomy, and choice are also vital. Additionally, access to preferred activities can help reduce stress.

### **The Urgent Need for Understanding**

Basic understanding of PDA autism is crucial for preventing harm and escalation, building "compassion for capacity," and ensuring safety and well-being. Neurodivergent families need friends, teachers, therapists, neighbors, firefighters, police, and medical professionals to understand PDA autism.

### **Consequences of Misunderstanding**

Misunderstanding PDA autism can lead to traumatic experiences, increased distress, and decreased safety. It's essential to move beyond awareness and acceptance and work towards compassion and understanding.

### **Join the Movement**

Learn how to support Neurodivergent individuals by recognizing and responding to distress, de-escalating threat responses, and providing accommodations and support.

For more resources, visit: [www.rehumanizationproject.org](http://www.rehumanizationproject.org) (add qr code)