Autistic Hierarchy of Needs:
A guide for working therapeutically with autistic adults
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PROBLEM
There is currently a lack of guidance for working therapeutically with autistic adults (see SIGN 145), which poses a significant threat to their health and well-being.

TAAUK RESOLUTION
Work collaboratively with autistic adults to identify and address their needs.

The Autistic Hierarchy of Needs is based on Psychologist Abraham Maslow’s 6-level hierarchy of needs model.

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