

Adulting on the Spectrum: Episode 00 – Meet Our Hosts

Andrew: This is episode zero zero, and I guess that's the thing you're supposed to do with podcasts, the first one. So even though we've already recorded Episode zero one, we wanted to record a preview of just a little bit about us, the hosts, and why we decided to start this podcast. My name is Andrew Komarow, certified financial planner. I help individuals, families, employers financially be successful in the future. It's about as boring as it sounds, but love to help people plan.

Eileen: Hi everyone. I am an author and photographer, autistic, and so are my two children, Charlie and Jude, and I'm excited to talk about some of you on this podcast. We thought that would be a great idea if we talk to each other so you can get to know both of us a little better. So we're going to ask each other some questions. So, Andrew, can you explain what the purpose of the Adulting on the Spectrum Facebook group is? And for those of you who don't know, this is a group we have on Facebook for autistic adults only. So one autistic adult and you want to join us, it's a very safe place. Everyone is welcome. So we'll link that.

Andrew: I think you know, the reason for the group, in my opinion, the reason for doing it is Autism Speaks approached and asked if I would consider it or even if I would know anyone who might be a good fit. And I thought, well, it seemed like a good idea at the time. But the even bigger reason was if it wasn't me, then who. I felt there was definitely a need that I could contribute in a meaningful way. What Eileen said about there being a safe space, we wanted a place where people could not have as much judgment, a safe space and, you know, really grow and for adults only to ask questions. And, you know, so far that seems to be going pretty well.

Eileen: Yeah, I would say so. I mean, we haven't had many issues, and it's really hard when you're in Facebook groups, especially autism Facebook, it's like so hard to keep a group safe environment where everyone can just say what they feel like about a certain subject without it turning into a big argument. But we've been able to keep things under control and everyone is welcome. You know, there are so many controversies and different opinions in the autism world, and I love that with this group, we're able to all get together and respect each other's opinion. And I think that's that's very important. And that's how we're going to grow and make connections. And I hope more people join us.

Andrew: And what do you hope to accomplish with this podcast?

Eileen: I learned about the same as with the Facebook group. I think it's so important to listen to all autistic adults' perspective, not just the autistic adults that agree with us, basically just to get a wide variety of opinions on all of this controversial topics. And even you and I, I feel like we don't agree on everything, but we're able to talk about it in a very respectful way and also will be very nice to highlight the experience of autistic adults who are not like, you know, those you see in the media, the feel good story, just normal people. It's nice to hear those stories as well. What do you think?

Andrew: So I agree. I think one of the reasons is because we wanted to promote the group. And it's also honestly, I just kind of wanted to speak to some of the people that we get to invite on the podcast. Right? So it's a pretty good reason for that. But even bigger, I know that there are so many different voices, so many different opinions. And I feel there are a lot in the autism community who have opinions that they haven't shared yet and not even just about what, just like work experience or life. There's a little columns of famous autism advocates on the Internet? Right. Or anywhere. And we just want to highlight so many of us. Right. There's literally millions of us right in the country. We want to find some that are doing some really great things, some you may have heard of, some you may not. And just really try to encompass all perspectives.

Eileen: Yeah, I think you summed it up perfectly. And it's also great speaking experience. I know I'm getting better at speaking. I'm more of a writer and it's such a great opportunity to force yourself out of your comfort zone to talk to other autistic people. I like that weirdness with thousands of listeners, but at the moment it feels like a nice little conversation between autistic people. And it's. It's really nice. Yeah. Should we ask each other some quickfire questions so people get to know us even more?

Andrew: Sure, I go first, go for it. OK, what is the best piece of advice you've ever been given?

Eileen: Believe in yourself. I think it's cliché, but believe in yourself.

Andrew: What do you like to do to relax,

Eileen: Drink wine, go on road trips?

Andrew: at the same time, separately?

Eileen: At the same time, while driving.

Andrew: what is your favorite food? Wine counts.

Eileen: Carpaccio.

Andrew: I don't even know what that is. What is the question you would like to ask me but you never have?

Eileen: Good question. How do you feel about being married to another difficult person?

Andrew: I think that couples usually opposites usually attract and, you know, have someone who cares and supports you is what matters.

Eileen: Great answer.

Andrew: And they're definitely don't want to be two of me.

Eileen: No you don't. It's your turn. See if you can do this. Your autism is?

Andrew: A superpower. No, I'm just kidding, my autism is part of who I am. Ask me that again. Let's try again.

Eileen: That was good.

Eileen: What is the best piece of advice you've ever been given?

Andrew: Best piece of advice I've ever been given is Harlon's razor, which is never a tribute, anything to malice that can be adequately explained by stupidity. And I find myself, you know, that really helps when I think somebody has done me wrong or done something wrong and I reframe it as it was in trying to be mean. Yeah, it could end stupid endurance, not know what they're talking about. But, you know, when I think somebody's not being malicious and I assume otherwise, it really changes perspective.

Eileen: What's your favorite food.

Andrew: Favorite food, so I've been ketogenic diet for over four years, I only eat meat and cheese, so I will say I like a cheeseburger with no bun.

Eileen: That's all I have to order now because of my Celiac. Yeah, what was so weird cheeseburger no bun. You should try carpaccio if you're like meat, it's so amazing, it's raw meat, anyway. Would do you like to do to relax?

Andrew: What's relaxing again? I'm not sure what that is. I don't know, I like I like to tinker with computers, solve problems.

Eileen: Yeah, I can tell it's your background. What is your favorite film?

Andrew: Probably The Shawshank Redemption, I think so, The Shawshank Redemption?

Eileen: Dude, I don't know if I've seen it, and it was in French and I don't know the French title, but that doesn't mean

Andrew: Yeah, well, it's The Shawshank Redemption. It's like.

Eileen: I don't know that.

Andrew: I can't do this podcast with you anymore because you don't agree, you know,

Eileen: I need to look it up. It's probably just stupidity, not a menace.

Andrew: See, there you go. Perfect example.

Eileen: Ignorance. Yeah. What is a question you would like to ask me that you never asked me?

Andrew: So you really like tennis ball, the smell of tennis ball? Do you have like a bunch of unopened ones? You have the how do you have you know, what does that look like for you? Do you have like a room of tennis balls? Would you like one?

Eileen: Yeah, I, I have a stash of unopened tennis tennis ball cans, you know, because you're like your can where you can just go ssh . And then the smell is just. But this smell good for a while after you open them like three weeks. But I love having an unopened box when I feel really bad anyway, so I'm completely crazy right now. But I swear it smells so good and it's very soothing.

Andrew: Do they make like air fresheners or do you have to buy tennis balls and do you play tennis?

Eileen: I don't play tennis. They don't make air freshener. I mean, maybe they do, but it will never be the same as the real thing.

Andrew: Yes. Are different brands better than others?

Eileen: Yeah. Wilson are my favorite. I've I've tried a lot, actually. I went on Amazon and I order all the brands I could find and then I just did a sniff test. I actually did a poll on my Instagram stories and they were like thirty nine percent of people who like to sniff tennis balls too. So it's more common than you think. Or maybe they just said that to make me happy. I was like five hundred people to answer to. So, you know, biggish, sample. Anyway, if you haven't been scared off yet, we will air our next episode very soon. And let us know if you have any feedback, any questions. We're happy to take your suggestions. If you know, someone who would love to be on our podcast, too. Feel free to send us an email. We'll make sure to have links and emails for you so you can contact us. Thank you for listening.

Andrew: Thank you.