

00:00:00:01 - 00:00:21:02

Andrew Kingston

If you are away from everything in this life and say, I'm not doing this, doing that, not you never guess what. If you are away from stress, rather it lets you handle it because what'll happen is it's like anything else you will have any tolerance for it. It's a simple zap and you've got to build up. In my opinion, it's just make opinion, but certain tolerance to it. And that's why I think some people go usually wrong.

00:00:38:14 - 00:01:08:08

Speaker 2

Eileen Lamb

Welcome to adulting on a spectrum. In this podcast, we want to highlight the real voices of autistic adults, not just inspirational stories, but people like us talking about their day to day life. Basically, we want to give a voice to a variety of autistic adults. I'm Eileen Lamb an autistic author and photographer and I co-host this podcast with Andrew Komarow. Hey Andrew

00:01:08:13 - 00:01:36:01

Andrew Komarow

Hey Eileen I am. I'm Andrew Kamara, an autistic entrepreneur, software engineer, co-host of this podcast, and I have seen all five Pirates of the Caribbean movies, and I doubt Eileen has seen one. Although she is dressed today like she could play an actress in one with her ruffles other shirt. Today our guest is another Andrew, Andrew Kingston. Andrew was recently diagnosed with autism at the age of 60.

His special interests are cycling, running and weights. He also his profession was in science, so he also likes a combination of the two sport science. He lives across the pond in the United Kingdom and is retired. Thank you for joining us. Andrew And I'm not talking the third person, I mean.

00:02:01:14 - 00:02:05:04

Andrew Kingston

Andrew Kingston Yeah, thank you very much.

00:02:06:09 - 00:02:28:10

Andrew Komarow

So I don't know if you've listened to our podcast before, but we like to start by asking each guest how they prefer to identify. And we don't mean pronouns such as I am she her. Although you're welcome to share those as well. We mean Asperger's autistic on the spectrum. I know preference. I do have a preference.

00:02:28:10 - 00:02:49:00

Andrew Kingston

And if so, then not really, no. I mean, I'm clusters of close up babies. I would still not be Asperger's book. I'm just on the spectrum, essentially. So I'm easily going on to refer. I'm not a functioning in essence. So yeah, that's so. Yet whether you want to say I'm easygoing.

00:02:49:14 - 00:02:56:15

Elieen Lamb

Well, that's what we like to hear. Can you tell us about your diagnosis journey? When were you diagnosed? What was the process like?

00:02:57:14 - 00:03:37:00

Andrew Kingston

And I suppose it'd be best if I went back a little bit. It will be that and I've kind of always had some issues, mental health issues for a lot of lots of years, and about kind of three breakdowns and one was hospital. So it was really bad. And so I kind of struggle all the time with mental health issues and I spent in hospital when I was diagnosed with having got general anxiety disorder and and also at one point for many years the thought I had bipolar.

00:03:37:08 - 00:04:23:04

Andrew Kingston

So it was kind of years and years and years of kind of suffering with mental health issues and sometimes extremely bad where I literally lose all loads of weight. And family ended up in a bed kind of look in a bowl, not being able to eat anything or I'm really, really struggling. So a lot of years and years and years of sort of mental health issue and a kind of single thing I noticed is that obviously people, when they become more aware of autism, the kind of wooden question possibly whether I had autism, and I think it goes back to the waking life as well, because although got a good career and I was in

00:04:23:04 - 00:04:45:08

Andrew Kingston

management and, you know, in the food industry and the chemical industry and and I had a great career, I struggled in certain things like sometimes me to be confident in some of them. And then all of of course, from what essentially like a bad no, I would end up struggling. And so I kind of really, really struggled with it.

00:04:45:14 - 00:05:11:00

Andrew Kingston

And, and in the end, obviously, if you carry on pushing and pushing and pushing, which I did, you end up and I in a mental breakdown, which I had to do on three occasions. But so it's been a long, long, long journey. I'm only I only got diagnosed last year and and it was through somebody who's knowledgeable about autism works in that environment.

00:05:11:08 - 00:05:37:09

Andrew Kingston

And they know me well. And they turned round and said, Look, I think you ought to go and get a diagnosis. And I said, Well, what's the point? I'm 60 year old, you know, is it, you know me? You know, and I'm assumed all my life. And to be quite honest, yes. And from the way I'd been at school and I struggled all my life with it, and I thought, well, of course you're going to do me actually at the end of the day.

00:05:38:02 - 00:06:00:10

Andrew Kingston

And however, I did go to the doctors and I did the tests that the doctors, the GP, Neil Katz, and they said, Yeah, we'll send you to full assessment. So I had me full assessment, which was quite a long process, about 3 hours of interviewing me and then tests all of these sort of things which you probably know about.

00:06:01:01 - 00:06:31:01

Andrew Kingston

And I was there for a full morning and, and at the end of it that same results were in basic research straight away. But I think one of the pluses autistic and when you sound very much like you're on the spectrum, and especially when I told him a lot of my hobbies and things like that, my obsessions, which is the obsession sort of it's been around us really, and you're probably aware of it with autistic people that you can get really, really obsessive accounts.

00:06:31:02 - 00:06:51:06

Andrew Kingston

When I'm alone and I'll be back, I'm not in the orbit of what's going on around me. It sounds awful, but I can switch it out. And and I've always been able to do that, being able to dobbing in death. And I think, like you said, the children said, Yeah, you're probably definitely going to be classed as autistic.

00:06:51:06 - 00:07:04:01

Andrew Kingston

And I got my final diagnosis through the telephone code and then obviously the paperwork through and then I got some contacts to, to enable some, if you like, support.

00:07:04:08 - 00:07:11:07

Andrew Komarow

So you said you like cycling, running and weights.

00:07:11:13 - 00:07:12:03

Andrew Kingston

Yes.

00:07:12:14 - 00:07:16:06

Andrew Komarow

What, what got you into that, right.

00:07:16:08 - 00:07:39:11

Andrew Kingston

Old me life. However, on each occasion a really ill at some point in it. So 2016 I did a proper nervous breakdown on a big scale. I ended up down to 11 stone and 14 hours, so I was down to about 11 stone curled up in a bed. And and to be honest, I tried to commit suicide, blah, blah, blah.

00:07:39:13 - 00:08:00:10

Andrew Kingston

So I won't go into that. I so I had and then you got me hospitalized. Now when I came out and I've been on diazepam and prescription those for quite a long time and I was aware it wasn't going to be doing much good. But however, when you're really like that, you just do what you're told and you followed.

00:08:00:10 - 00:08:24:02

Andrew Kingston

So even though I was aware at about such as Diazepam, benzodiazepines and things like that. So if I had to do it because I functioned, if I didn't, I would have probably, well, I couldn't eat or anything. So I answered all the problem was come off of it. No coming off benzodiazepines. For me, Diazepam was horrendous. Absolutely. Very difficult thing.

00:08:24:13 - 00:08:51:08

Andrew Kingston

And the first thing I was told when I ended up seeing the doctor, which essentially takes you off them and if you turn round so many said, you realize that coming up they resulted in criminal throwing up soon when? Well really. Oh yes. And then and then such a few of a psychiatric nurse and they said they said because I knew I was on a difficult one by gosh was a difficult one.

00:08:52:00 - 00:09:09:06

Andrew Kingston

Nothing smoking. I will take you know it was a double when I was younger absolute double coming of diazepam horrendous and know give me Genesis really severe with that's just the most that I can even or should tell it. And I had that for about six months that I've still got it now it's not quite as bad as it used to be.

00:09:10:02 - 00:09:42:09

Andrew Kingston

However, to survive, I'm going to get out my bike again. I'm going to exercise on a push, push, push, push, push. So I just I was next as an exercise and I was started off literally 12, three

miles. And what I was doing, God knows, 28 hours before the and I started three miles in a bit filled me shrugs boom or stroke and you obviously doing in the end hundred miles on a bike and things and like you would of you but they might be doing 30, 40, 50 miles on a bike.

00:09:42:15 - 00:10:20:14

Andrew Kingston

And then I started obviously pushing the weights again and, and then running. And so I've carried on because for me, if it's like this morning I woke up, I always work fairly hour plus five ago and I go and by 8:00 o'clock I snaps. And what joy, I was in the gym pushing weights and then I finish up and then I'm busy and then I'll probably jump in a freezing cold left you me self a little bit shock and I'm pushing that because that's what my personal view is.

00:10:21:09 - 00:10:48:11

Andrew Kingston

Yeah, it's got me struggle sometimes with three breakdowns however I believe it's and if you this in my opinion it's sort of my opinion what what it's so you know it's just my opinion. If you are away from everything in this life and say, I'm not doing this and I'm not doing that, I'm not doing this well, if you are away from stress, rather it, which you probably because what'll happen is it's like anything else you will have any tolerance for.

00:10:48:11 - 00:11:11:10

Andrew Kingston

It's as simple as that. And you've got to build up. In my opinion, it's just my opinion, but certain tolerance to it. And that's what I think some people go use for it all. Continue this continual without a word. And you know, and I can't go to social events so I can't do a meeting or can do public speaking.

00:11:11:10 - 00:11:15:07

Andrew Kingston

I can't though. This cantilever is incredible. Yeah, I think that's.

00:11:16:00 - 00:11:49:01

Andrew Komarow

I think that's very important, too. And I think especially, you know, all three of us have, depending how you look at it and just the experience of being diagnosed later, I definitely feel that if I was diagnosed earlier, you know, might have been held back from some more opportunities. I definitely think that, you know, trying new things, getting exposed to as many things as possible, you're right, is, again, especially important for everyone, but especially those on the spectrum as well.

Yeah, I agree with you. The thing is, you are right. Because then if I were to be diagnosed

earlier, this is my opinion again, I think it would have restricted me and my progression to jobs. I think it would, because ultimately I'm just saying, well, since.

00:12:16:08 - 00:12:27:11

Andrew Komarow

You were diagnosed earlier, are you saying it maybe would have restricted you if you told them? Because if you didn't tell them, but you also didn't have.

00:12:27:11 - 00:12:45:12

Andrew Kingston

But I had to know a little after the that's the problem in the UK. You've got to say what you've you know, you've got to be honest with the company. You stop. There is no point saying I'm going to not put that in. Then words wrong, turn around and say, Well, why didn't you tell me? Why didn't you tell us that you are autism?

00:12:45:12 - 00:13:16:00

Andrew Kingston

Why didn't you say you're suffering from general anxiety disorder? And when was you diagnosed? So you've got to be honest because you feel really not forward. It says, have you got any mental illness or have you got any conditions but 11 months you put them in. That's that's just my opinion because I was in management. And to be quite honest with you, some turn around to me when I was interviewing and and I asked them, you know, and all sorts of things like, you know, and it's able to fill the form incorrectly, then I would possibly have thought, Well, I don't want to do that.

00:13:16:00 - 00:13:41:06

Andrew Kingston

And it would have been for me anyhow. What I've seen is the negative. But that's once again just my you know, it it things have probably changed you. Maybe your other same and the obvious thing of course I think ultimately I'm joking about when I was working, you know, like I said, I'm 60. I retired when I was 55 and who knows?

00:13:41:06 - 00:14:09:02

Andrew Kingston

And it may have changed a little bit now because something coaches is and is more skills in the UK definitely and you'll see it more on set and you know it'll say company on TV and all the rest of it. So I'm thinking possibly who knows, it might have changed slightly and you might have a and a company which would treat you and look after you better than what you maybe did when I was working.

You know, if you were honest even and you said, well, yes, I've got autism. And the might say, well, look at what you found difficult. That would be a lovely thing is. But actually out in the world.

00:14:25:14 - 00:14:36:14

Eileen Lamb

Are you on social media? What do you think about the new increase in self-diagnosis on the on TikTok? And those are social media platforms. Do you have any insight on that?

00:14:37:09 - 00:15:01:13

Andrew Kingston

It's sad because I see all self-diagnosis as well, and I kind of worry a little bit about that in the Autism Center things and on social media where there seems to be so many people self diagnosing and I'm not quite sure what can work out as well. The benefits of it, I'm not quite sure because I'm getting a diagnosis of I benefit from it.

00:15:02:00 - 00:15:26:12

Andrew Kingston

Well, yeah, I've got a bit of support. Yes. Well, when I went to my and what a plan for the support I had to prove I was diagnosed officially. And if I didn't have that proof, I would not have got any support. And then the support each selfish is limited. In all honesty, I think it's quite limited. And so I don't know.

00:15:27:04 - 00:15:30:11

Andrew Kingston

I don't know what you get, what you get attention from it.

00:15:30:12 - 00:15:53:02

Eileen Lamb

That's why people do it. They get attention from people on social media by saying they have autism. You know, it's like that all movement of self diagnosing. And I agree with you. I mean, it's not much benefit. I mean, you know, it's one thing to say, well, I suspect I have autism because I recognize some signs. But to say, oh, I'm autistic without I need like doctor proof. It's not right. And like you said, you weren't able to get this report because you need proof, Right?

00:15:58:07 - 00:16:00:00

Andrew Kingston

So you have.

00:16:00:10 - 00:16:01:00

Eileen Lamb

What do you.

00:16:01:00 - 00:16:01:11

Andrew Kingston

Sleep.

00:16:02:10 - 00:16:07:06

Eileen Lamb

Autism acceptance overall in the UK like and how is it.

00:16:08:13 - 00:16:10:09

Andrew Kingston

In the UK? How is it what? Sorry.

00:16:11:04 - 00:16:14:04

Eileen Lamb

Autism acceptance in the UK? How is it?

00:16:14:11 - 00:16:46:15

Andrew Kingston

Oh is it right? Okay. What I found and I mean obviously I'm working so I'm not seeing that side of it in a working working start of it. Well what sense of if you chat around, if I turn onto something some autistic for whatever reason it will come up sometimes and, and they'll say, you know, the funny thing is I'll get people say to me, all my life I was alcohol up until a few people say, Well, you're old and especially in my working career.

00:16:47:09 - 00:17:09:13

Andrew Kingston

And I was one for I had everything lined or perfect on my desk and that probably cooling me the office one. I want that and move everything about a geographic anomaly that I ended up so a lot of time I ended up working by myself because simple. So for me I found it better because I like working, but also a lot of diving.

No, nobody. Absolutely. My adventure projects and you know, I save a lot of money or whatever else to do a good job with it. But they, they acceptance is what I found is not if I tell somebody to always and they'll do a couple of things really they'll just generally move you go quite sure where truly different as well Next challenge you see and and I thought I had one or two said obviously oh yeah well we're all on the spectrum at work and he said almost said well we have but I think what we're not that's the point we're not all on the spectrum.

00:17:51:07 - 00:18:11:08

Andrew Kingston

The problem is that I think everybody's got traits of autism. I think a lot of people are just like, sure, it's all the traits and all of the extent and so of what you need to fulfill the criteria. So that's the difference being that for me.

00:18:11:08 - 00:18:12:09

Andrew Komarow

You like Elvis?

00:18:13:08 - 00:18:36:10

Andrew Kingston

I do love Elvis. Yes, I do. I like singing and I do like Elvis. And so I like lots of music. To be honest with you, I'm not just an Elvis fan. I am another reach. But I'm not just no, I like all sorts music as I was a punk rocker when I was 16, So I liked the Sex Pistols.

I liked all himself looks. I had all those safety pins. I had the one with the bondage trousers. So I was a punk rocker in the UK and now got a great shout it. That was, Well, did I enjoy himself? It was. It was full and it was kind of my rebellious, which I had to have a degree when I was younger and rebellious.

00:19:01:02 - 00:19:25:02

Andrew Kingston

However, then, yeah, it's strange and strange. Yes. So I like Mozart. I like a pleasant piano player, Mickey. But I love Mozart's. I love Mozart's Requiem. I love classical music. So I listen to that. But I like to sing a lot of it because for me, I've always loved his voice and I like the way he sings. And I want to when I can.

00:19:25:05 - 00:19:50:13

Andrew Kingston

When I'm singing Elvis, I know it. You know, it sounds show both and I kind of get any spirit of of him. I yeah, that's me singing. I know some like you but I do I know it sounds stupid, but I do and and that's how is and you know but then I got to like like with chess I like me must rules I numbers.

00:19:50:13 - 00:20:14:11

Andrew Kingston

I, I like a lot of things. I like drawing. So you know, how do drawing I like an believe me, since I retired, I love lots of things. I'm never bored. Never. Well, because I've got a lot of mortgage and a jewel between them. And, you know, I'm doing Spanish at the moment, so I'm learning Spanish. And I've been doing that for a while.

00:20:15:14 - 00:20:35:12

Andrew Kingston

And so I'm always I'm always doing something. What was the singing's a big thing for me because it relaxes me and and I've just only started going lab as well. I've done a couple of lab events where I'll do sing, so maybe sing about ten, 15 of his songs, especially some of the ones which I love, but not like his younger songs when he was younger.

00:20:35:12 - 00:21:13:00

Andrew Kingston

And I like the old ones, you know, Welcome to my well something all them So songs I like to sing so on main is to to get to position where I'm going to go in the catalogs and in the UK and local ones only and do some singing for those in the catacombs. Me I may like some colleagues and you've been a carer on dementia and a I thought phone these bodies bought out if we had whatever real Paul and I thought well if I can sing to them or I am going to be perfect, I ain't going to be brilliant.

00:21:13:00 - 00:21:20:08

Andrew Kingston

We'll mostly go to a quality where they lend you to shows and that's what I need to do. So yeah, that's, that's the singing. So if.

00:21:24:07 - 00:21:29:13

Eileen Lamb

So, where can people find you on social media? Do you want to share your Instagram and Facebook?

00:21:30:00 - 00:22:03:11

Andrew Kingston

Yeah, well, I'm all the Instagram. I'm now I can post we send you then and I can go that many more because it was almost the the full names of mum. Not a big, you know, I'll just throw them and that's it. And so yeah, I've got me Instagram. Well I've got me over 60 fitness state trauma training and, and I've got a thank you.

00:22:03:11 - 00:22:34:13

Andrew Kingston

I think it's you know you set them up and you think to yourself, crikey what is it, What are the old codes? Because it means to Grunwald is going to be once again on Instagram got me over 60 fitness call that well well it's a Sandie Kingston asparagus and stroke coaches is the one where I do quite do a lot of my singing.

I'll post them on there. So instead of just talking about autism all the time, I think, Oh, it's nice to pop it. And that's where I've done a couple of million homes for people. Well, I'll do a bit of singing some songs and so and so, yeah. And then of course have got obviously my Facebook, which I'll go on and once again I've got my own fitness form for that same thing again, over 60 fitness dates.

00:23:03:00 - 00:23:12:12

Eileen Lamb

So Andy, before we go, I want to ask you some quickfire questions. So how it works is that I ask you questions and you tell me the first answer that comes to your mind. It's quick like that. Are

you. Ready?

00:23:12:12 - 00:23:14:08

Andrew Kingston
Pressure. Go on.

00:23:16:10 - 00:23:18:14

Eileen Lamb
Who's your favorite fitness instructor?

00:23:20:01 - 00:23:21:04

Andrew Kingston
Oh, my favorite was all right.

00:23:21:11 - 00:23:27:15

Eileen Lamb
Your favorite fitness instructor.

00:23:27:15 - 00:23:44:13

Andrew Kingston
No length on that Go. That's got that. I had the AM. Do you know this? So many of you I can't really and I don't once you've got to do it particularly memorizing and because I'm always doing Michelle so you know I've got.

00:23:46:12 - 00:23:47:04

Eileen Lamb
Yourself.

00:23:47:13 - 00:23:55:10

Andrew Kingston
Doing it yourself so the really isn't anybody has so Jack and just so I'll give you like that it's just I don't know.

00:23:56:03 - 00:23:57:05

Eileen Lamb
For every TV show.

00:23:58:02 - 00:24:17:13

Andrew Kingston
Favorite TV show. I think I know once again, I spent so much time on YouTube, but not really Watch some soccer. It's TV. I mean, like some of the cats own stuff. I suppose The Simpsons are I've got a left, so I'll actually.

00:24:21:00 - 00:24:25:06

Eileen Lamb

Your favorite workout machine or your favorite thing to do when you work out.

00:24:26:00 - 00:24:30:11

Andrew Kingston

And a probably said bench press I think.

00:24:32:04 - 00:24:32:12

Eileen Lamb

Spirit.

00:24:32:12 - 00:24:34:09

Andrew Kingston

Music button.

00:24:35:02 - 00:24:35:11

Eileen Lamb

Your favorite music

00:24:35:14 - 00:24:54:06

Speaker 1

I would say Mozart's Requiem. I'll probably listen to that of thousands of times. I listened to it probably three or four times a week easily. I love it. I don't know most of it. Yeah.

00:24:54:06 - 00:24:58:15

Eileen Lamb

And HP Sauce or ketchup.

00:25:00:07 - 00:25:01:13

Andrew Kingston

Ketchup.

00:25:03:04 - 00:25:04:09

Eileen Lamb

What's HP sauce?

00:25:05:11 - 00:25:08:15

Andrew Kingston

HP sauce. Like a brown sauce. I don't mind it.

00:25:08:15 - 00:25:10:12

Eileen Lamb

It's British.

00:25:11:07 - 00:25:13:14

Andrew Kingston

It's. Yeah, yeah, yeah.

00:25:15:06 - 00:25:25:11

Eileen Lamb

Well. Well, that was it for us. Andy, thank you so much for taking the time to share your your story and your advice. And we appreciate you coming on the podcast. I'll send you an email when it's like.

00:25:26:06 - 00:25:29:13

Andrew Kingston

Yeah, okay then. Thanks very much.