

00:00:04 Tony Hernandez Pumarejo

Hello, welcome everyone to this episode of let's talk about autism, this softronic, Tony Hernández Pumarejo, the podcast for our Autism community in Spanish. If you have not done so, please subscribe to the Let's Talk about Autism podcast on all platforms and I thank all of you for your support. Today I have a very special interview, a very inspiring story from our community, autism or I have a boyfriend to interview today.

00:00:35 Tony Hernandez Pumarejo

Her name is Nere Moreta, she is Dominican residing in New York, New York City and she has a very inspiring story. She is the CEO of the Atypical platform and she is an autistic woman. She is also the mother of an autistic girl and she is a support group coordinator, parent training AND volunteer at the Dominican Autism Foundation.

00:01:05 Tony Hernandez Pumarejo

Finally, deserve has a space in the embassy program that is broadcast on the new newspaper TV in the atypical goods segment. When talking about autism and other neurodevelopmental conditions, so not the first to have Nere Moreta today, thank you Nere for having participated in this interview today and let's not talk about autism.

00:01:25 Nere Moreta

Hello hello Tony, thank you very much for the invitation. The truth is that I am very excited because I feel privileged to be in this space because I have followed your career.

00:01:36 Nere Moreta

And for me, from my personal opinion, you are the best representation or the most real presentation of what it is to be an adult to a young person with the condition of autism and I have followed all the contributions you have made to our community, so I feel more than honored to be with you today.

00:01:57 Tony Hernandez Pumarejo

No, and I thank you very much for your words and I know and I know and I really appreciate your support. This is the I've seen a little of your history work and you also like it's impact.

00:02:08 Tony Hernandez Pumarejo

For you for what you do for us, such as autism, Nere. To begin with, let's get to know a little about you, your story, you tell me where you are, about your childhood, I see you, what you lived in, but I have to say that you were born. That is, in the Dominican Republic, if you can't spend a little more time thinking about yourself in your childhood.

00:02:30 Nere Moreta

Wow, talking about my childhood is like feeling like a foreigner again, even in my own country. I felt foreign. Because? Because my accent, my tastes, my preferences were not similar to what I saw, the people who were around me.

00:02:52 Nere Moreta

I was definitely different from the other girls who were at my school, who were in the community.

00:02:59 Nere Moreta

I had the privilege of having many brothers, the truth is that they were for me throughout my childhood, they were my right hand, my left hand, my part of my brain, that is, my brothers were the support that I know that many of us , from the community that we have autism, we don't always have that support.

00:03:22 Nere Moreta

So, while it is true to count on the brothers.

00:03:26 Nere Moreta

They helped me not feel so alone because I had someone to play with, but there comes a time in life when you want to make friends. Does one want to join the school group? And I presented many challenges, the truth is throughout my childhood, for example.

00:03:47 Nere Moreta

It was, for example, at that time they gave us money to buy school snacks, but I didn't speak at school until sixth grade, so during the first school years, although I had the money to buy snacks, I couldn't do it because I wasn't verbal, so I couldn't say I want to buy this, no, I couldn't communicate with the person who sold the things, so there was always my brother Oscar, for example, who came up to me and asked me.

00:04:17 Nere Moreta

Do you want me to buy you a soda, do you want it red, do you want it grape or do you want it? And I nodded my head yes, then.

00:04:27 Nere Moreta

For me, school represented, for example, school life. It was quite a challenge because even though when my parents bought the books before starting class during the holidays, I read the books and learned everything the book said. I mean, I read it in one day and He said that here is the book on, for example, Spanish language, he read it or he read me the social book and I already knew the whole story

00:04:53 Nere Moreta

When I got to school I was a little bored because I didn't know everything anymore.

00:04:57 Nere Moreta

They are going to hit there.

00:04:59 Nere Moreta

However.

00:05:00 Nere Moreta

I repeated the second grade 3 times despite knowing everything, but that social part that involves being in a classroom with more than 30 students and being told Nere, stand up, introduce yourself and talk to me about Christopher Columbus, so I stayed literally dumb, now I know that what I had at that time is called autism, selective autism.

00:05:29 Nere Moreta

Which at that time was not talked about.

00:05:31 Nere Moreta

Of this and.

00:05:34 Nere Moreta

And well, I was overcoming many challenges and.

00:05:38 Nere Moreta

Against all odds, I managed to graduate from University. In fact, with outstanding grades, I have had many different jobs that I have been able to hold for a short time.

00:05:52 Nere Moreta

But I have worked in many areas. I dedicated myself to art for many years, specifically painting.

00:06:03 Nere Moreta

But yes.

00:06:06 Nere Moreta

It never crossed my mind.

00:06:09 Nere Moreta

Or maybe because my parents thought my daughter has an OO condition, the word autism was not common in my country, not much is known about the condition, so I did not receive a diagnosis.

00:06:25 Nere Moreta

On the one hand, I understand that this was an advantage because I was never treated as disabled and I had to overcome many challenges. And being able to do things even though school wasn't designed.

00:06:39 Nere Moreta

The way that works best for me, but I managed to do it.

00:06:45 Tony Hernandez Pumarejo

Exactly, and if we mention well the challenges that exist precisely in our countries, because AND the challenges that we still face, which is autism, I mean, I can tell you where I come from, from Puerto Rico, that there are many challenges in autism, lack of service, especially when one becomes adults.

Unfortunately, I am in your country, that is, in the Republic, in the Dominican Republic, of the challenges that exist there in autism, I understand that you also know about this very well that I know.

00:07:16 Tony Hernandez Pumarejo

He approved one.

00:07:18 Tony Hernandez Pumarejo

Regarding autism, what I already hope is that the law does what it is supposed to do, but it is one thing for the law to be approved. Another thing is that the law is implemented.

00:07:30 Nere Moreta

That you just can.

00:07:31 Tony Hernandez Pumarejo

And they put a challenge that you know we don't face in our countries, you know in our countries in Latin America, well you know and there may be different factors, ignorance, lack of education.

00:07:45 Tony Hernandez Pumarejo

Many parents, unfortunately, do not recognize that their child may or may not be autistic. There are also the studies of thisism, the stigmas, the denial. Unfortunately the lack of resources YY no and no being and you know increases here in the United States there is more support for the family, but there are still challenges if you can go into more of these details, why are you still experiencing all these situations and challenges in our Autism Community, especially in our Hispanic families?

00:08:16 Tony Hernandez Pumarejo

And that you believe that what we have to do to be able to go beyond these challenges to be able to fulfill.

00:08:24 Tony Hernandez Pumarejo

What the mission is, what life has to offer, give it real support to the family so that they can help themselves to become autistic and move forward.

00:08:32 Nere Moreta

There is not a very complete question, look, I think that the main barrier is the lack of knowledge of the condition, when I was in the adolescent age that I was already in like sixth or seventh grade, the

00:08:51 Nere Moreta

He was the brother of one of my brother Jacinto's best friends, who is now a person who collaborates with me, who works together. Mr. Heisenberg grullar your brother, I met him with the condition of autism, the first one I heard my sister Ray has autism, so I oh, that's autism and even though I was different, I felt different when I saw this person with autism didn't look like who I am.

00:09:23 Nere Moreta

And it is something that I understand that we must.

00:09:27 Nere Moreta

Communicate more, there must be more information first that autism is a spectrum, because even I, being an autistic person, also identified with another autistic person because they are 2nd very different, one is one divergence, there are not many, there is a diversity very big, so I understand that there is little presence of people like your tone, you have made the commitment to say I have this condition, there is little presence of people being brave and saying.

00:10:01 Nere Moreta

I am autistic and I like to use the word autistic because I think there is nothing wrong with saying, I am autistic, just as I am a woman, many people prefer to call me a person with autism, but I feel comfortable calling myself what I am autistic, because for me That is not a shame, it does not make me less or more than others. It's just a different way I process and see things.

00:10:24 Nere Moreta

So I understand that.

00:10:28 Nere Moreta

It is necessary for change to occur. First, understanding the condition requires more dissemination of information and more investment in other countries. In special education, the economic part, which is what is happening to us here in New York, specifically I don't know how other states work, but I am going to talk about my experience in New York as a person who coordinates support groups for Hispanic families. .

00:10:57 Nere Moreta

Here the barrier is not specifically.

00:11:01 Nere Moreta

The language there is a lot of information in Spanish.

00:11:06 Nere Moreta

However, the understanding of our culture, the.

00:11:12 Nere Moreta

The understanding of, for example, for an adult to access a diagnostic process where the cultural factor is not taken into account.

00:11:21 Nere Moreta

Which is very decisive when making a diagnosis, with what I have asked myself about the autism law that was approved in the Dominican Republic. Previously, the autism law was approved, law 513 was approved, which is the autism law. disability in general, autism is included, but there are also other conditions, neurodevelopment and physical disability conditions.

00:11:46 Nere Moreta

Ah with law 513.

00:11:49 Nere Moreta

Job opportunities are contemplated for adults with autism who we have studied, who have made an effort and who are waiting for an opportunity to exercise that many times the door can be closed to a person, simply because they look different then.

00:12:06 Nere Moreta

Play comes to protect people.

00:12:11 Nere Moreta

With any type of disability, however, we are fighting to enforce this law so that it is implemented and not just left in the book, so the autism law is approved, what does it bring? Basically the same thing as Disability Law 53 and families are wow, that's great, an exclusive law for us, but now what we want is implementation.

00:12:36 Nere Moreta

For changes to occur, do we have to ensure that these simply do not remain on paper but how? What is the current situation that is left alone?

00:12:47 Tony Hernandez Pumarejo

And I don't know what it is only in the beautiful words of inclusion, the acceptance of what to see action and that is why today we have autism, I know as people with disabilities, of special condition of divergent euros there is, there is go to action, it says it, we're here, it was already past the phase of talking about the beautiful.

00:12:50 Nere Moreta

His daughters.

00:13:10 Tony Hernandez Pumarejo

From that of the beautiful wall that concrete action and that is what I do through my work, as you know very well. And this is your job, you know your experience, you count, that is, our community is unique. And I thank you very much for what this one has done now, going back to your story and we even talked about this before we started recording this one. I wanted to ask you if you were, that is, diagnosed with autism, at what age and what motivated you to formally obtain the diagnosis?

00:13:41 Nere Moreta

Well, in my entire life I wanted to know why I was different, that is, in many ways in which I have always been described as the quiet one, the one who laughs, the mute one, the good girl. I have already received so many degrees, but all their degrees and so many diagnoses in degree, as there are many diagnoses that have been wrong because I always had to uh, I don't know why I can't integrate or I'm different from the others and I started looking for help .

00:14:12 Nere Moreta

The professional one, but it was always like oh you have stress, you have insomnia, you have anxiety and yes I have all this. These are simply symptoms of a condition, so the root problem was never treated, rather it is present. They tried to change the symptoms, but I said.

00:14:33 Nere Moreta

OK you.

00:14:34 Nere Moreta

You're going to give me medication for anxiety, but I want to know why I'm taking medication, what the condition is or what, what we're treating because.

00:14:43 Nere Moreta

Because I have the idea that one should take medication if one does not have a diagnosis, that is, it is a medication, it will solve a health condition and we know that having autism does not mean being sick, right? So in that search.

00:15:01 Nere Moreta

During my entire life, no, I couldn't really find why I didn't find those answers, rather find recommendations, how to sleep better than certain things and well, my girl Camila was born, who is a girl who.

00:15:21 Nere Moreta

Which I was looking forward to, but she was a girl who from the day she was born showed many atypical characteristics from day one. My girl was born, she didn't cry.

00:15:36 Nere Moreta

So there is a lot of it, she started giving a lot of signs and I was talking to the pediatrician, then I focused on taking care of my daughter, my daughter receives.

00:15:46 Nere Moreta

Not only does autism receive a diagnosis that is accompanied by a triple quadruple with morbidity, with medical conditions. Camila has 7 diagnoses in total. So I am a person who has always been very curious and I really like to investigate things, so when you are given the diagnosis of autism, what is this? I start reading about autism, I spend a lot of time reading about autism all day and everything I read, I said.

00:16:17 Nere Moreta

But they are not talking about Camila, they are talking about me. Everything I would say about autism was talking about me when I study other conditions that my daughter has, for example.

00:16:28 Nere Moreta

Of note, she also has epilepsy. I say, okay, that doesn't identify me, but everything I read about autism and when I started going to parent support groups to talk about today's experience to our children, then

I listened to the other mothers saying, my child does this, does he have this problem at school? Yes, it happened to me at school too and everything they said I ended up saying, I also lived this, I also felt this, then I realized that.

00:16:56 Nere Moreta

I didn't talk about Camila in the groups where I go, it is assumed that all mothers are talking about their children's experience. Have I ended up talking about myself and how I lived it, how and said what is happening here? I think I already know it.

00:17:10 Nere Moreta

That I have.

00:17:13 Nere Moreta

I'm talking to you about an age of more than.

00:17:17 Nere Moreta

Almost 40 years old, he was already 30 and 35 more or less.

00:17:22 Nere Moreta

37.

00:17:23 Nere Moreta

And then I started AA communicating with my doctors here in New York and started saying look, I want you to do an evaluation to see if I have autism, because it seems to me that everything Leo about autism represents me.

00:17:37 Nere Moreta

And the biggest barrier that I encountered was accessing that diagnosis with my daughter, it was easier, but.

00:17:46 Nere Moreta

For my diagnosis it was like.

00:17:50 Nere Moreta

No he can't be autistic. Did you come to this office alone? You took the train, how did you get here? Oh, I took the train. Oh, no, no, he can't be an artist because he came on the train. Did you come alone? Oh, no, how old are you, did you get married, do you work or what is your level of education and I OK, I graduated from college.

00:18:09 Nere Moreta

No, you cannot be autistic because you are a university student or because you are intelligent or you express yourself well.

00:18:17 Nere Moreta

So I still don't know why there is a perception that.

00:18:22 Nere Moreta

Being autistic by being less intelligent.

00:18:26 Nere Moreta

And there is also a perception of many people who tell me about my daughter Camila, wow, you are lucky, because if she is autistic she is going to be a genius. Autistic people are very intelligent, so I tell them, look, just like that.

00:18:42 Nere Moreta

That neurotypical people, there are very intelligent people, there are people who have a different type of intelligence, more or less intelligent. I'm realizing that this has nothing to do with autism and it's something that.

00:20:49 Nere Moreta

Recently, and finally, it's been about a year and a half since I had my diagnosis.

00:20:56 Nere Moreta

And I still am.

00:20:58 Nere Moreta

Processing it, but I did feel a relief. Yes, I say now this is why I am like this.

00:21:07 Tony Hernandez Pumarejo

Exactly YYY mention you very well. You were able to summarize everything that autism is, that is, it is different. Many things have happened to me that have happened to you in terms of whether you are autistic or not or you don't look like it, that is, you are very intelligent, you speak very well even if your accent is AAA, that is, from the Dominican Republic. , in the middle they told me that I am not Puerto Rican, so they tell me that.

00:21:32 Tony Hernandez Pumarejo

I'm from another place.

00:21:33 Tony Hernandez Pumarejo

And it is very important, do you know how to emphasize that autism is a world? Basically there is up and down, there is a spectrum, there are different things.

00:21:47 Tony Hernandez Pumarejo

There are levels of this, classic, moderate, and severe work, but what cannot be denied is that it can never be said. It is that people with autism do not have the ability to achieve a better life because each person.

00:22:02 Tony Hernandez Pumarejo

Hello, no matter your level of autism no matter the challenges of what you are going through, you can achieve a better quality of life. The thing is that there we have to train the mission of helping each autistic person and their family, because autism goes beyond the diagnosed person, also the family, the providers, it is a community and it is a world that I have to provide the support tools and you are a living example.

00:22:28 Tony Hernandez Pumarejo

From that history in autism, not only as you, as an adult, autistic person, but as a mother of a child.

00:22:39 Tony Hernandez Pumarejo

And going along this line that I already bought you quickies, when, at what age, at what age was your daughter diagnosed?

00:22:46 Nere Moreta

She was diagnosed at 3 years old, just arriving in New York, because in the Dominican Republic she was not given the opportunity to diagnose.

00:22:57 Tony Hernandez Pumarejo

OK, so how is she doing this now in terms of her development and how and how she is doing in terms of the supports, but go into a little more detail?

00:23:09 Nere Moreta

Yes, well, my daughter Camila's picture is totally different from mine and I think this gives us one.

00:23:18 Nere Moreta

An opportunity to be able to communicate what the spectrum is like, because since Camila has autism and she does have additional medical conditions, then we can say, my daughter is sick because epilepsy is a disease, so Camila has an autism that we could call mild. , but the medical conditions are severe. Intellectual disability is a teacher.

00:23:43 Nere Moreta

Yes, but there is always progress, I tell you in families and it is what I have lived with my experience as a mother, that in the grade that Camila is in and despite all the conditions, Camila shows progress every day. The fact that Camila can pick up the spoon on her own and put it in her mouth, that is progress.

00:24:05 Nere Moreta

I am not expecting that as an autistic person I went to university to say, oh, my daughter will be able to go too, I want to push her to be as functional as possible for herself and I am focused on her being able to satisfy their physiological needs independently. After that, I want her to go as high as where she wants to go, but I don't want to put pressure on her that you have to do this because if I did it you can do it or not?

00:24:37 Nere Moreta

I want and what I constantly do with it is.

00:24:41 Nere Moreta

Recognizing every effort and every achievement that she makes and it does not seem small to me. Every little thing Camila communicates in 2-word phrases, one or two words. If Camila before only told me water, water and now she tells me I want water and I want to work out because she speaks Spanish, I say, this is good, I'm seeing progress, it's a way of.

00:25:10 Nere Moreta

To feel that what we are doing is working and that she is advancing at her own pace, but there is always progress.

00:25:19 Tony Hernandez Pumarejo

That's it and it's very good to listen to that part of the process, that is, here the keys are the tools and the support and the consistency in giving that support so that the person with autism or the autistic person can move forward and look, that is, I am with everything that you have experienced as a person, your autistic as a mother poses leader of the Autism Community as you. Would you define autism today?

00:25:52 Nere Moreta

Well, I have several ways of defining it, I know that by book we could say that acting modeled as the one who does the no, I don't want to go to a definition in a book for me being autistic is like.

00:26:08 Nere Moreta

And I can give you two examples that I know people can understand the system very clearly. iPhone cell phones have one operating system and Android cell phones have a different one, so it means that one is better than the other, they are not different operating systems.

00:26:25 Nere Moreta

For me defining autism is like.

00:26:29 Nere Moreta

Say look me.

00:26:31 Nere Moreta

I use my left hand to write. I know that many people write with their right hand, I know that I know, for example, when sweating people attribute qualities of left-handed people, they are more intelligent, they are less intelligent or they write more or less beautifully, they simply use one hand to write that it is the one the eldest uses.

00:26:54 Nere Moreta

And. That is why, for example, it will be used to live in a world where desks are designed so that the.

00:26:59 Nere Moreta

People lean on the right hand.

00:27:02 Nere Moreta

But despite that, left-handed people go to school. They use that desk that is not designed for it and they manage to write and the acceptance of all the people in the environment. There are people who we are going to take away from writing with this hand and have them write with that hand so that it looks normal.

00:27:24 Nere Moreta

It is something that also occurs a lot in autism, that is why I compare it a lot with this because I know that people understand what it is about, it is solved and that with the hand.

00:27:33 Nere Moreta

And it is simply that, people who are a minority in El Mundo, that there are more people.

00:27:41 Nere Moreta

What are they.

00:27:44 Nere Moreta

What people call normal, but which we know is neurotypical, there are more neurotic people and that's why they may see us a little differently, but it means that.

00:27:54 Nere Moreta

That, like everything else, we also have dreams, we have challenges, we have abilities, we have things to do.

00:28:02 Nere Moreta

That are more difficult for us that can be easier. We have an advantage in many areas, so it's just who we are.

00:28:11 Nere Moreta

A little different than what people are expecting.

00:28:14 Tony Hernandez Pumarejo

That, that's like that, you taste different and we are human beings too. I mean, we're not that yes, it's not like it was. I believe that some person can start it in that world, another planet, but that, another topic. But the important thing here is everything, it entails a quality of life.

00:28:19 Nere Moreta

Above all.

00:28:34 Tony Hernandez Pumarejo

Everything is about quality of life here and how the autistic person with the condition can have those supports and that tool to be able to get ahead.

00:28:44 Tony Hernandez Pumarejo

And you have done it through your history and your work, for our community and speaking of that work, I want you to talk a little more about your work and I understand that you do different projects for our autism communities. If you can't, a little more detail about your work or your foundation.

00:29:02 Nere Moreta

Yes, well, my atypical project began with the idea that I had already read so much about the different conditions and when I went to the support groups I always ended up giving a lot of opinion. I feel like this with my daughter, it doesn't work, this has worked for me because I have achieved great things with my daughter, she is a girl who, when you see her, says wow, but look, she is a girl who feeds to say hello.

00:29:29 Nere Moreta

I spoke with a variety of foods that are not very common for us with the condition of autism, eating so many things, so when people see the result that I have had in Camila, they approached thousands of mothers who went to the other groups where I went. to guide me and they told me, tell me, how did you do and suddenly they were putting me in front of how to talk about things that I have been able to do that I have been able to achieve and they were trying to put me in front and in the classroom I came here to learn then.

00:30:00 Nere Moreta

I have an uncle who was very important in my childhood, my uncle Ramón, who has always been there as support and told me, look my daughter, all this that you learn, I want you to share it with other mothers that I know that they don't have that knowledge, that everything that you have studied with your daughter, that we have seen how she has advanced, it would be very nice for you to share it and I said, man, I don't go there in something extraordinary alone, but he He saw me as someone very big, he told me, are you doing it?

00:30:30 Nere Moreta

Giving lectures no longer has it, I don't think so and well it started to happen to me.

00:30:35 Nere Moreta

I started first with those groups, there are many organizations that have many resources that offer many trainings.

00:30:45 Nere Moreta

However.

00:30:47 Nere Moreta

There is a part of the culture that still affects people who have just arrived, who are not bilingual yet.

00:30:58 Nere Moreta

They have many challenges that many organizations have not yet discussed.

00:31:01 Nere Moreta

Side then, the people who went to the group ended up talking to me and told me, Nero, why don't you make a group for us? By then I was giving him the information on how to get some special education services, how to make some recommendations that I make with my daughter or put them in contact with a health professional and it suddenly started happening in a very natural way.

00:31:29 Nere Moreta

I said well, I'm going to create a WhatsApp chat for.

00:31:33 Nere Moreta

With the mothers.

00:31:34 Nere Moreta

To learn from them, she learns a little about me after this WhatsApp group that we are going to have a zoom meeting and we talk and I always seem to be in front after that.

00:31:47 Nere Moreta

I had the opportunity for an organization to do an exhibition and from there they started calling me to go to television programs, radio and different media.

00:31:56 Nere Moreta

So I said Ah OK I AM stopping, well I am already continuing and I will continue doing it that way and assume this commitment in a more formal way. The typical project is a, it is a job that I do voluntarily, I have never received any type of financial remuneration for doing this, this is something that.

00:32:20 Nere Moreta

Ah, I felt very committed to informing about many things, because when they give us the diagnosis of autism they don't tell us about the comorbidities and about investigating a little more.

00:32:33 Nere Moreta

And Camila spent 3 years having seizures due to epilepsy because she was not diagnosed, completely ruled out, and that was the cause of a severe intellectual disability. So I feel very committed to informing parents. Look, they have a diagnosis of autism, nothing happens, your child is just different, but hey, I'd like to see that.

00:32:58 Nere Moreta

You can talk to a professional and see if they have seizures or not, because sometimes they are not visible, or have their hearing checked, because many times there are wrong diagnoses of a person who may have a hearing problem and is not diagnosed because they say, can be confused with a diagnosis of autism. When you ask the mother, for example, if you call your child and he doesn't turn around.

00:33:21 Nere Moreta

Part of it is probably a hearing problem and a diagnosis of autism is given, which is also something that.

00:33:28 Nere Moreta

I see that it also happens very frequently, so I felt very committed to reporting many things, rather warning.

00:33:37 Nere Moreta

And about things that I already saw to live and say well, I tripped over this stone, I want to tell others.

00:33:44 Nere Moreta

Be careful, I've already been through this and I want the process to be the process. Sorry, make it easier for another family.

00:33:52 Tony Hernandez Pumarejo

Exactly and I agree with you about that percentage because you know you teach me very, it sounds very good to me in different ways, especially in immigrant families from other cultures. Here in different parts of the United States there are, there are different Hispanic families and I can tell you from my experience. I go to work with a family every day.

00:34:12 Tony Hernandez Pumarejo

That there are days like it's from the country that they swear and that there is a limit of access to autism services there is for the population of other cultures, but more so for Hispanics, because of the language barriers, the access barriers to information and that can contribute. That is decisive in terms of the support that your child can already receive.

00:34:36 Tony Hernandez Pumarejo

In short, with the condition, without without no, that is why tools, education and support are very important so that families can have that support and can take their loved one forward, which is the most essential thing in autism. And you are not doing very well with your work, with your platform and grateful for what you are doing for our community and nothing before concluding our interview, I wanted to ask you.

00:34:52 Nere Moreta

That's how it is.

00:35:07 Tony Hernandez Pumarejo

If you have.

00:35:07 Tony Hernandez Pumarejo

Any message that you want to give to society's comfort regarding autism and especially in this Hispanic community, I wanted to share.

00:35:16 Nere Moreta

Firstly, to the families who have a boy or girl in this part, speaking as a mother of a person with autism, if you have a boy or girl who for some reason looks a little more different than the rest.

00:35:31 Nere Moreta

Don't leave him alone, that is, look for that diagnosis. Look to see why your boy or girl may probably have an autism diagnosis? You probably have nothing or you probably have something else, but it is always good to know because as a person who went many years without receiving a diagnosis, the truth is that it would have been a relief since I was a child to know the why of many things.

00:35:54 Nere Moreta

Encourage parents to look for that answer so that they do not feel ashamed to say, my child has this condition because although you may not believe it all, there is still a lot of shame in our countries with the diagnosis. Many times families tend to hide that their child has a condition OR hide the child themselves so they feel ashamed and I think my biggest message is not to feel ashamed because the fact that your child has a condition does not mean that anything bad is happening to them. . It is not a reason to be ashamed.

00:36:29 Nere Moreta

And for the people who are watching us, they may be families who do not have the condition of autism.

00:36:37 Nere Moreta

I think understand and respect.

00:36:41 Nere Moreta

To everyone who may be different.

00:36:46 Tony Hernandez Pumarejo

With when pto and how beautiful your message.

00:36:51 Tony Hernandez Pumarejo

From the hopelessness of education to help autistic people and people with other conditions, practicing education is the key here, educate ourselves, stop being ignorant of these issues so that then we can build a better world for everyone, no matter what.

00:37:13 Tony Hernandez Pumarejo

The difference because the difference makes us strong and I have always followed that mission and I am very grateful that you have shared your experience and how can you?

00:37:16 Nere Moreta

That's how it is.

00:37:29 Tony Hernandez Pumarejo

Contact you or contact us on social networks, you have a website, contacts, our families.

00:37:33 Nere Moreta

Yes, I am on all social networks. Like typical 123, you can find me on all networks, like typical 123.

00:37:45 Tony Hernandez Pumarejo

Perfect and what I am going to do is that once this episode is published, I am going to link all your social networks and platforms so that then our families, especially in the community that is listening or are not watching, can Contact her and learn more about her work.

00:38:03 Nere Moreta

Thank you so much.

00:38:04 Tony Hernandez Pumarejo

Well, baby, I always appreciate your support. I know that your story is very beautiful, very nice, your story is inspirational, PT, but it has a purpose. And thanks to you for sharing your story, it is always here at your service.

00:38:23 Tony Hernandez Pumarejo

Rhythm and I thank you very much for participating in the interview with me in let's talk about autism and many successes for you and many blessings for you and for your daughter, for your family and moving forward, thank you for what you do, for our community. Autism always many blessings for you and your family.

00:38:39 Nere Moreta

Antoni thank you very much, blessings.