

00;00;00;01 - 00;00;45;23

Logan Slaughter

People with autism are people, too, and they have the same needs as everybody else. They want love. They want a family. They want they want their first kiss chance. You know, they want everything to. And just because we're autistic doesn't mean we get like, shut out of the world, that we don't get those things. It's tough to get those things, but we're we're part of society, too.

00;00;49;22 - 00;01;07;17

Eileen Lamb

Welcome to welcome to adult. Welcome to adulting on the Spectrum. In this podcast, we want to highlight the real voices of autistic prevention.

00;01;08;05 - 00;01;37;00

Andrew Komarow

Welcome to Adulting on the 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 people. I'm Andrew Kamara, an autistic entrepreneur, and my co-host is Eileen Lamb. I am doing the intro today because she is unable to stop laughing, trying to record this intro, and I'm sure I just didn't help.

She is a photographer from France. In case you didn't know, she says she's an author all the time. Anyway, our guest today is Logan, who is an autism advocate who shares his story to inspire others. He has started "Love like Logan", to spread his message to others.

00;01;58;28 - 00;02;01;23

Eileen Lamb

So welcome, Logan. Thank you for joining us today.

00;02;03;12 - 00;02;08;09

Logan Slaughter

Well, hello, everybody. I'm excited to be joining y'all solo again.

00;02;08;10 - 00;02;25;16

Eileen Lamb

We start our podcast by asking each guest I would like to identify and by I mean by that is we like to ask people, autistic people, if they want to be called autistic person, person with autism, person on the spectrum. Asperger's, No preference. Do you have any preference?

00;02;26;25 - 00;02;30;04

Logan Slaughter

I'm autistic. That's the only way I know. So.

00;02;31;24 - 00;02;39;12

Eileen Lamb

So, Logan, can you tell us a little bit about your autism diagnosis journey? Were you a child? Were you a grown up? Do you remember anything about it?

00;02;40;06 - 00;02;59;28

Logan Slaughter

Yeah, I remember it well. I was in fourth grade. I was ten years old, and they started seeing signs and me, I guess, quirks, as we could call it. And then my mom took me to a doctor, and I got diagnosed that day. He spent about 2 hours with me. And that was a hard day for my mom, as you can imagine.

And getting that, she was like, what did I do wrong? What it what did I do? You know what? What's wrong here? And so they said, your son has autism. And that broke my mother's heart. But, you know, we've come this far. And my doctor said it wasn't the end of the world. It was the beginning of a beautiful new journey with your son.

00;03;21;24 - 00;03;29;25

Logan Slaughter

And so that gave my mother hope. And that hope has carried me. And it had hope can do a lot. It can. Really.

00;03;30;14 - 00;03;32;18

Andrew Komarow

And how old were you when you were diagnosed again?

00;03;32;20 - 00;03;34;04

Logan Slaughter

I was. I was 10.

00;03;34;20 - 00;03;38;21

Andrew Komarow

Ok, And how what changed after your diagnosis?

00;03;39;12 - 00;04;07;16

Logan Slaughter

Well, I started getting the help I needed. I went to therapy. I went to speech therapy. I went to understanding how people interpreting interpret things and just learning language and stuff. And I was able to get modifications in school which are needed and with an IP and everything. But I think the earliest detection is important because it helps your life.

00;04;07;27 - 00;04;17;02

Logan Slaughter

You know, I was a little bit over ten, but it was just like, okay, everything makes sense now. And I

think it really helped my life.

00;04;17;21 - 00;04;34;00

Eileen Lamb

So your online community, social media "Loves Like Logan" blog is all about spreading positivity and inspiring others as anybody being an inspiration to you in your life. And can you tell us a bit more about your social media accounts?

00;04;34;13 - 00;04;58;19

Logan Slaughter

Yeah, everybody. Everybody is an inspiration to me. I get inspired every day. You know, my mom's a big inspiration and really all the moms that come to me and say, you know, you you tell your story, you're helping us. I'm able to sleep at night knowing my son. There's hope with him. And really all the amazing people with autism inspire me.

00;04;59;02 - 00;05;19;05

Logan Slaughter

And they just warm my heart. And it just is everything to me and it means so much to me. And that's why I keep share my story and the love like Logan was just it's all about my life because I'm all about love. And autism is love. I truly believe.

00;05;21;03 - 00;05;25;04

Eileen Lamb

What you mean by autism is love? Can you explain for our listeners?

00;05;25;17 - 00;05;52;09

Logan Slaughter

Yes, Autism is love. It means that it's a it's like a circle of love. It's a spectrum. It doesn't have to be negative. It's it's love, it's nurturing, it's kindness. It's all that. It's all that and more. And so I feel like, you know, there's a lot of negativity towards autism. More people are are afraid for their kids to be labeled autistic.

But, you know, a label is not always a bad thing. And you can look at the positive, You can look at the negative and there's so much positive in it. And so if you apply love to everything, it helps. It helps your life, it helps you get through it and, you know, love is the key. And so I always say autism is love.

00;06;14;19 - 00;06;40;04

Eileen Lamb

That's very, very nice and inspirational. And, you know, I think love is really, really important. And for parents, it's just kind of what keeps us going, right? I mean, honestly, you know, there are a lot of challenges with my oldest son, Charlie, who's on this spectrum. And love is really

what kills me to like, make sure you know, is accepted and that he gets the help he deserves.

But on the other end, you know, there are also, like I said, a lot of challenges that come with autism. And, you know, I think it's important to remember how broad the spectrum is because, you know, like us on this phone call, we're able to have this conversation right now. But there are people on the spectrum, adults who can't like, you know, have a conversation, who have like very challenging behaviors sometimes, like even self-harm and and all of that.

And so, you know, I think that autism is not positive for for everybody. And yeah.

00;07;15;13 - 00;07;38;13

Logan Slaughter

It's not, you know, there is there's good and bad and, you know, I can't imagine some kids come and tell their mom I love you or, you know, speak like I can speak. And so I'm I'm grateful every day that I've been able to be that voice for those without one. It's really important to me. And, you know, I hate seeing kids struggle and go through this.

You know, there's times in my life that you just wake up because I have a lot of faith. I'm very God, my rock. And you just wake up sometimes and say, God, please just cure me of autism, because it gets so hard, it gets so difficult and challenging and, you know, I'd be lying if I didn't say that you wish it was curable.

00;08;00;18 - 00;08;26;20

Logan Slaughter

You wish you could have a normal day like everybody else. But I think the thing for me is that I had to accept myself. I had to accept myself that I have autism because how could I expect other people to accept me if I didn't accept myself? So acceptance is the cure, even when things are tough, even when you don't want to, you know, even when you don't want to accept it, you know, it's hard to accept it.

And it's been hard. It's been hard. But I look at my glass half full instead of half, half empty, and that gets me through.

00;08;39;21 - 00;08;53;17

Eileen Lamb

Yeah, that's beautiful. You know, that works for us and that's that's fantastic. And in such a positive mindset you have and not everybody has it. And if you can help other people with this mindset and that helps others, I think that's that's great.

00;08;54;06 - 00;08;55;06

Logan Slaughter

Oh, I, I.

00;08;55;21 - 00;09;12;24

Andrew Komarow

I have the opposite mindset, right? Like I identify with the meme of like that possum in the trash. Like, like trash. Oh, I can't wait to be like 80 years old, like yelling at people they like, get off my lawn like that. That's me. I it right? Isn't that me?

00;09;13;17 - 00;09;18;29

Eileen Lamb

I guess. Yeah.

00;09;18;29 - 00;09;28;29

Andrew Komarow

Such a positive attitude that I can't relate to, but I appreciate it. Did you experience bullying and how do you handle that with such a positive outlook?

00;09;29;23 - 00;09;53;27

Logan Slaughter

Um, I, I have been mocked and I have been criticized and I have been through it all. You know, But people have been so supportive and loving to me because I think, you know, not everybody gets to be loved. And I'm so grateful for that. I my community online there was just awesome there. They're they're my friends and I care about them.

But I guess in school I wasn't included. I was overlooked. I didn't get invited to parties, I didn't have friends. And that was really hard for me because when you're different, you know you're different and you just feel like this added as pocket person. I mean, it's hard. It's really hard. And but I believe that I was born different to make a difference.

00;10;19;28 - 00;10;47;07

Logan Slaughter

And so I was I bullied people. I have a big personality and I'm very upbeat and happy and and very flamboyant, as you could say. So a lot of people thought I was gay and and I'm not. I just have a big personality and I care about people. So not that being gay is a bad thing, cause I'm very supportive of gay people and believe everybody should get to be who and who and what they are and love everybody.

00;10;47;17 - 00;10;52;27

Logan Slaughter

But I guess that was some bullying. Just making fun of me for being who I am.

00;10;54;12 - 00;10;59;03

Eileen Lamb

How did you come up with the idea for love? Like log in and was it your idea?

00;10;59;19 - 00;11;25;13

Logan Slaughter

It really was my idea. Somebody we were getting involved with a charitable event and somebody said, How about we do love like log in? Or they made up things that said love like log in. And I'm writing a children's book. So it's going to be called Love like Logan. So somebody just came up with that. We thought that does sound good love, like Logan, because I love love and I love everybody.

00;11;25;13 - 00;11;44;26

Andrew Komarow

So what is one piece of advice you would give to an adult who receives a diagnosis? And separately, what is one piece of advice you would give an adult to a child who receives a diagnosis? Who has who has a child, who receives a doctor's?

00;11;44;26 - 00;12;09;11

Logan Slaughter

I would give that is going to be okay. March to your own beat. You don't have to be like everybody else. And being different is okay. But the one key is to accept it because when you accept things, you can live with things you can find help, help with things. And so just accept it and that it's okay to be different.

00;12;09;11 - 00;12;39;11

Eileen Lamb

Even if it brings challenges in your life that are like life threatening. And my kids like, difficult to like find happiness. Like if we're talking about, you know, migration and self-injurious behaviors and things like that. Do you? I mean, yeah, it's okay to be different and everyone deserves to be accepted. But would it be better for some people maybe that you don't have those challenges?

00;12;39;11 - 00;13;03;26

Logan Slaughter

It's harder every every No two people are alike, you know, So I can't speak to everybody's challenges. Ah, but I can only speak what I've gone through and seen, you know. So every circumstance is different. But I think you should just love who you are. You should love your kid no matter how he is or how God did make one flower.

He made many and each one is beautiful. And I just thank you. I think that you should fight for your child. Whatever they're going through, whatever their face, and stand up for your child. And autism is not easy. It is hard. It is tough. But I know that you'll probably love your child even more. Even if you have somebody with autism, you'll love your kid, but you'll love me more because they're beautiful people.

00;13;36;16 - 00;13;47;15

Eileen Lamb

And I think that's the key here is that no matter the challenge, it is you will love your child, you know, just as much, if not if not more. And you'll always fight for them. So I think like, yeah, both things are true.

00;13;47;25 - 00;13;50;02

Logan Slaughter

And you get that because your mom's so.

00;13;50;28 - 00;13;51;16

Eileen Lamb

Totally

00;13;51;26 - 00;13;53;23

Logan Slaughter

You do and you're doing a great job.

00;13;54;23 - 00;13;55;08

Eileen Lamb

Thank you.

00;13;55;22 - 00;13;58;09

Logan Slaughter

You are.

00;13;58;09 - 00;14;01;06

Eileen Lamb

So what is the most difficult part about your autism?

00;14;02;10 - 00;14;28;26

Logan Slaughter

The most difficult part is loneliness and trusting people to not take advantage of me. I have to guard my heart a lot because I love everybody. I accept everybody, and I see the good in people. And but I'm a very empty, lonely person and that is very hard for me, and that's very challenging for me in my life.

00;14;29;18 - 00;14;45;05

Logan Slaughter

It's hard to find love when you have autism, I feel like. But with for me it is. And so I think the loneliness is very hard and things that's that's something I struggle with.

00;14;45;05 - 00;14;48;06

Eileen Lamb

Have you seen "Love on the Spectrum", the Netflix show.

00;14;48;18 - 00;15;09;15

Logan Slaughter

No, but I want to I just don't have a minute to sit down and watch TV a lot, but I hope to do that soon because I think that's awesome. They're I think they're they need to show that people with autism are people, too. And they have the same needs as everybody else. They want love. They want a family.

00;15;09;15 - 00;15;34;20

Logan Slaughter

They want they want their first kiss kiss. You know, they want everything, too. And just because we're autistic doesn't mean we get like shut out of the world, that we don't get those things. It's tough to get those things, but we're we're part of society, too. But now I want to see that. So I hope to send.

00;15;34;20 - 00;15;41;00

Andrew Komarow

So tell us about your love life. Speaking of first kisses, when was yours?

00;15;41;00 - 00;16;16;00

Logan Slaughter

Well, I've gone out with people. I've gone out with different people. You're getting deep here. I've gone out with different people. But I haven't found that special one. And I hope to I, I that would feel my life to find that special one. But I just want someone I can trust that will accept me for all I am except the autism and be willing to walk that road with me.

00;16;16;00 - 00;16;19;04

Eileen Lamb

That's and that's good. And I hope you find that that person.

00;16;19;23 - 00;16;46;02

Logan Slaughter

Thank you. And you know, love, I. I want love. But you know what? I get love every day. I get love from people. And not everybody gets love and appreciation and that's better than anything, you know? So universal love is great, too, but I'm just so blessed and I count my blessings every day.

00;16;46;02 - 00;16;51;02

Eileen Lamb

You have such a positive outlook on life. I can understand why, you know.

00;16;51;05 - 00;16;59;23

Andrew Komarow



People I thought you were going to say, I can't stand it. I'm like me. I'm like, you know, that that that says stuff about me. Don't let that reflect on you.

00;17;00;12 - 00;17;14;04

Logan Slaughter

Okay? Hey, you have to you have to work at being happy and you have to have a positive attitude. That's what gets you through life. And I turn my negatives into positives. And so it's up to you to be happy. It is.

00;17;14;21 - 00;17;17;10

Andrew Komarow

I'll choose to live in the dumpster, but I appreciate it.

00;17;17;13 - 00;17;19;00

Logan Slaughter

Don't live in the dumpster. Get out of.

00;17;20;23 - 00;17;24;03

Eileen Lamb

You need to follow Logan, Andrew. He'll get you out of the dumpster.

00;17;24;03 - 00;17;31;12

Logan Slaughter

Well, you know, I'm not happy all the time, but, you know, life is difficult. You either go in a cave or climb a mountain.

00;17;31;12 - 00;17;38;15

Andrew Komarow

So I, you know, I don't like light, so cave it is for me. So.

00;17;38;15 - 00;17;41;04

Logan Slaughter

Well, I wish you the best.

00;17;41;22 - 00;17;43;06

Andrew Komarow

I wish you the best as well.

00;17;43;06 - 00;17;44;15

Logan Slaughter

Thank you.(laugh)

00;17;44;23 - 00;17;54;23

Eileen Lamb

What is one piece of advice you have for us or adults who might just have the diagnosis? Or maybe parents of autistic children?

00;17;54;23 - 00;18;33;02

Logan Slaughter

And my advice would be, You're perfect the way you are and don't let others make you feel small and always be who you are. And it's okay to be different. And and autism isn't the end of the world, and it's challenging. It's very hard. But you're going to make it. And don't let a diagnosis scare you or make you feel less than what you are.

00;18;33;02 - 00;18;55;14

Logan Slaughter

Because autism is a beautiful journey with a few bumps in the road and it's different for everybody. You know, I can't speak for everybody how their journey is with it, but I know I was made this way for a reason, and I know God has a purpose for me, a plan, and it might take a while to get there.

But everything works out how it's supposed to and you're not going to go you're not going to go on the same level as everyone else. You know, we march through our own beat and we marched at different times. So I'm sure you can relate with your kids.

00;19;12;24 - 00;19;33;25

Eileen Lamb

Mhm. Yeah. And I know what you're saying that, you know, you can only speak for yourself and you know, that's something that's very important because I feel like on social media a lot of people are trying to speak on behalf of the entire community, but really we're all the experts on our own autism. You know, I'm on the spectrum myself, Andrew is, and we are all different from each other.

00;19;33;25 - 00;19;45;02

Eileen Lamb

And all we can do is share our own personal motive and, you know, hope it's going to help other people. But it doesn't mean that other people are going to relate. It does not mean that what works for us will work for them and so on.

00;19;45;02 - 00;20;14;10

Logan Slaughter

So exactly as there's no manual with autism, I mean, no two people are alike. And I think that like movies that they've done in the past about autism has shown not all what autism is because it's a whole spectrum. It's not just Rainman. And so I hope get to get to work with you guys a lot. I know we talked about different things and I could help you guys get the message out there and

for people to understand it more.

00;20;14;10 - 00;20;41;24

Logan Slaughter

That's the whole spectrum and no two people are alike. So there needs to be a new autism movie and I would love to have my life in one to show people what I go through and what I've gone through and the inspiring and the good about it and really what it is for someone every day that has to go through it.

00;20;41;24 - 00;21;04;29

Eileen Lamb

I'm just going to ask you some quickfire questions now. And basically how it works is you tell me the first answer that comes to your mind. Okay, It's going to be difficult, but it's okay if you can't think of anything now, it's easy on a website. Okay. Favorite fictional world.

00;21;06;00 - 00;21;09;24

Logan Slaughter

How about Neverland? Because I've always thought of myself as Peter Pan.

00;21;09;26 - 00;21;12;22

Eileen Lamb

So what's your favorite subject in school?

00;21;13;25 - 00;21;14;16

Logan Slaughter

English.

00;21;16;14 - 00;21;17;05

Eileen Lamb

Beverage, food.

00;21;19;13 - 00;21;22;25

Logan Slaughter

Chicken.

00;21;22;25 - 00;21;24;05

Eileen Lamb

Favorite food chicken. Ok,

00;21;24;26 - 00;21;32;27

Andrew Komarow

You don't eat chicken like you just eat like. Is it like fried chicken? Is it chicken wings? Like chicken patties?

00;21;32;28 - 00;21;35;21

Logan Slaughter

Fried chicken. Chicken tenders. All of that.

00;21;35;26 - 00;21;36;17

Andrew Komarow

Chicken nuggets.

00;21;37;03 - 00;21;38;01

Logan Slaughter

Yeah, that's my safe food.

00;21;38;28 - 00;21;43;02

Andrew Komarow

Yeah. Solid, solid way to stick to the stereotype. I give you a high five.

00;21;43;19 - 00;21;45;29

Eileen Lamb

So what's your favorite fast food?

00;21;47;00 - 00;22;04;19

Logan Slaughter

Favorite fast food would be a Big Mac with fries. So McDonald's. But I have lost 70 pounds, so I have to be careful to not go back to that kind of food.

00;22;05;23 - 00;22;06;24

Eileen Lamb

Yeah, it's tempting.

00;22;06;24 - 00;22;08;22

Andrew Komarow

Although their soda is the best.

00;22;09;01 - 00;22;10;12

Logan Slaughter

Oh, it is. I know. Yeah.

00;22;12;06 - 00;22;14;17

Eileen Lamb

This is not an ad. Okay.

00;22;15;05 - 00;22;21;04

Logan Slaughter

They need to pay us for saying all this. Yeah. (all laugh)

00;22;21;04 - 00;22;22;12

Eileen Lamb

What's your favorite quote?

00;22;23;29 - 00;22;40;25

Logan Slaughter

My favorite quote would be you'll never do a whole lot unless you're brave enough to try. That's a quote by Dolly Parton. I love Dolly Parton. And so I use that every day because I'm always about trying things. And you'll never know unless you're brave enough to try.

00;22;42;10 - 00;22;49;07

Eileen Lamb

I loved it. What's it like? You're going to like this. You miss 100% of the shots you don't like.

00;22;50;05 - 00;22;53;28

Logan Slaughter

I love that one.

00;22;53;28 - 00;22;56;28

Eileen Lamb

Well, again, do you want to tell people where they can find you on social media?

00;22;57;16 - 00;23;22;12

Logan Slaughter

Yeah, go on Instagram. I'm on Instagram Logan Slaughter. I'm on Facebook. I love talking to people, keeping up with everybody. And you'll follow my journey on there, what I'm up to and what's next. I'm writing a children's book called Love Like Again, and I am wanting to get my story more out there and hopefully work with Autism Speaks more.

00;23;22;12 - 00;23;26;27

Eileen Lamb

Let's hope we would love to have you. Thank you so much for joining us today.

00;23;26;27 - 00;23;31;10

Logan Slaughter

Thank you. Have a great night and I appreciate it.