

00;00;00;21 - 00;00;21;12

Eileen Lamb

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 Eileen Lamb an autistic author and photographer and I co-hosted podcasts with Andrew Komarow.

00;00;21;25 - 00;00;31;23

Andrew Komarow

Hey Eileen. I'm Andrew Komarow, autistic entrepreneur and software engineer. And today our guest is Tania Garcia. I say that right.

00;00;32;18 - 00;00;33;03

Tania Garcia

Tania

00;00;33;13 - 00;00;55;07

Andrew Komarow

Tania I don't know why I have like that in my head. I think I did you do that? I think I just copy. Anyway, that's a mistake. It's an autistic adult diagnosed at 29. She found out about her own diagnosis when her daughter was diagnosed. She uses her story to help others in hopes to make a positive difference within the autism community.

00;00;55;07 - 00;00;56;05

Andrew Komarow

Thank you for joining us.

00;00;56;25 - 00;00;59;10

Tania Garcia

Thank you for having me. It's a pleasure. Appreciate it.

00;00;59;24 - 00;01;01;26

Andrew Komarow

So have you listen to our podcast before?

00;01;02;18 - 00;01;03;08

Tania Garcia

Yes, I have.

00;01;03;18 - 00;01;25;02

Andrew Komarow

Yeah, we're getting more of that. That's awesome. I guess I should be that surprised. Anyway, we like to start off as, you know, asking each guest how they prefer to be identified. It can be a

person with autism, autistic on the spectrum, or you don't have a preference. I don't. Okay.
There we go again.

00;01;26;07 - 00;01;36;12

Eileen Lamb

I know at this point. Right. Tania, can you tell us a bit about your autism diagnosis journey?

00;01;36;26 - 00;02;04;15

Tania Garcia

Yeah. Well, first thing, I think the most important thing is I never looked for it. Like, I never had the question or try to find a name for me being so weird. I was the preferred way to describe myself that I was a leader. I was very isolated. I had a childhood because I'm a picky eater. I use orthopedic shoes because I was I used to walk on my toes.

00;02;05;17 - 00;02;29;19

Tania Garcia

Doctors call it somewhere else. Like something else. Like some orthopedic issues that were not there. And I understand why they were. I didn't like school. I had, like, kind of school phobia. Certain moments. I don't I don't I eat the same stuff where I can have my breakfast. It's been has been the same thing for months. I don't it doesn't bother me.

00;02;29;19 - 00;02;32;04

Andrew Komarow

What is it currently? Just. Just out of curiosity.

00;02;32;24 - 00;02;39;19

Tania Garcia

It's milkshake with toasted bread, with peanut butter and. And traditional butter.

00;02;40;08 - 00;02;43;06

Andrew Komarow

Like. Like a milkshake. Milkshake or like a protein breakfast.

00;02;43;10 - 00;03;02;27

Tania Garcia

Milkshake is banana. Okay. Cocoa powder, protein, a little bit of protein and a little bit of cinnamon. But then that that's pretty much my breakfast every single day. And if I modify it like, oh, I need to go back to it, like I need it, I don't feel okay. It's it's, it's you don't know what it is.

00;03;04;02 - 00;03;10;25

Andrew Komarow

You call it a Frappuccino instead of a milkshake. It's like the same thing, but then you can get away with it. Everyone thinks normal, right?

00;03;11;26 - 00;03;35;24

Tania Garcia

I like to use, like, the same clothes. Like, if I. If I find out, see this particular t shirt or pants, I buy the same ones in different colors. I just feel very comfortable with that. I look for comfort instead of fashion or something else. My routine is very subtle. I have a calendar. I have an agenda. I like to program myself and be ready for stuff.

00;03;36;07 - 00;03;53;10

Tania Garcia

But I was in on the idea that that was normal, that all people used to do that. So when I would mention it to some people, it would be like, Ah, no, I don't need that. And no, I don't do that. I get bored if I eat the same stuff. So when I had my second child, her name is Valeria.

00;03;53;10 - 00;04;16;21

Tania Garcia

She's five years old at the moment. She had a language regression, so that was a red flag for us to look for help. They call it speech delay, but I'm like, How can that be a delay? If she had language, how come she lost it? So when we got to the early intervention process, we got to the autism route.

00;04;16;22 - 00;04;46;05

Tania Garcia

Once the therapists saw that there wasn't a lot of progress and we were referred to a psychologist, a clinical psychologist that ended up being autistic himself. So he gave us her diagnosis. But when I got her diagnosis, I was so confused, like, I don't know where to start and I don't know what to look for. I asked them, like, what can I do to not use the excuse that Valeria looks like me and acts like me?

00;04;46;15 - 00;05;13;21

Tania Garcia

And she has a lot of behaviors that I used to have in order to prevent myself from seeing manifestations or symptoms that I have to be aware of. So when I mentioned that to him, he recommended an evaluation for me. He's like, I think you might be on the spectrum because obviously he did this whole background information and questions and a lot of things that we need to set as a background history for her.

00;05;14;18 - 00;05;34;29

Tania Garcia

So when I heard that I'm like me on the spectrum, I don't know. He's like, Yep, I think we should go that route and that we can help her a lot. And yeah, I got evaluated and I ended up having this autism diagnosis and my life just made sense. Like it was a piece that I didn't know I needed it.

00;05;35;00 - 00;05;42;24

Tania Garcia

Like I, I never thought it had a name. And I'm glad it did, because now everything has been way better since then.

00;05;43;10 - 00;05;54;29

Andrew Komarow

Everything. It's been way better. Have anything not got better or is it all been positive since the diagnosis? Was there any struggles along the way after being diagnosed?

00;05;55;09 - 00;06;14;10

Tania Garcia

It's been a struggle to digest all the information that I started getting because I start reading like crazy and start reading a lot of content about autism because I knew that in order to help my daughter, I needed to educate myself. And in that process I needed to kind of knew who I was from these other aspects coming from my diagnosis.

So it's been hard to digest all that info and realize so many things that I was like, Oh my God, this is why I do this. This is why I cry. This is why sometimes I cry and I don't even know why. And sometimes I get overwhelmed where I have. Now I know that they're called meltdowns and before that I will just call them just I was sentimental or I was just tired of things.

But everything's been positive. I mean, I am currently married and my relationship was hard too. So thanks to the diagnosis I was able to realize and make my husband understand or help him understand why I have certain behaviors. And it was easier for him to handle myself because it was hard. I think my daughter is exposed to a lot of resources that I didn't have a chance to be exposed to.

00;07;04;09 - 00;07;12;08

Tania Garcia

So I'm using myself pretty much as the reference to help her, and I think that's that's the most important thing at this point.

00;07;13;08 - 00;07;27;14

Eileen Lamb

Do you think that so I know that Hispanic children and probably adults are being diagnosed later in life. Do you think that that played a role in your late diagnosis?

00;07;27;18 - 00;07;55;14

Tania Garcia

Yeah, I mean, my culture, it's pretty rigid when it comes to raising kids. And it was more it was

easier to call me a problematic title, which is just being selfish or she just wants things her way or she needs discipline or she needs a more I don't know. I don't remember all the adjectives they used to call me, but they were not nice.

I'm sure about that. I had an aunt that was asking my mom. She would say like, Let me borrow it for a week and I'll make sure I'll fix her attitude. I'm like, Why do you have to fix me? Like, what's wrong with me? So those things will make me feel super confused and will make me cry because I wouldn't be able to understand when I used to cry because I didn't want to go to school.

They thought my dad was super like spoiling dad and he will do anything for me and I could. I was taking advantage of that and it wasn't. It wasn't the case. So I think being born in the nineties in Mexico didn't help. There was no information. There's still struggle in Mexico and Latin America. They're struggling a lot with autism information, their resources, and back then it was even worse.

00;08;44;17 - 00;09;09;00

Tania Garcia

So everything got it got on a different name from what it really was. And there wasn't a lot of but not a lot of resources available to be like, Oh, this is not normal. They just thought it was maybe my being. I don't know. I don't know. Been demanding attention, I guess, but doing it the wrong way. Then I wasn't thinking.

00;09;09;00 - 00;09;36;21

Tania Garcia

My mom passed away when she passed away. So then a lot of my behaviors, they they kind of put in a box and called it all. I mean, it's going through a hard time because her mom passed away. But I think my autism just got worse. And like because everything got moved on, my routine, all my structure just was totally destroyed and I didn't know where to start, how to put it back together.

00;09;36;21 - 00;10;00;27

Eileen Lamb

Yeah, that makes that makes total sense. And, you know, being from Europe myself, France, I experienced a lot of the things you, you talked about. You know, French people have that idea that you just like, good correction, like I'm going to spank you and it's going to make you act all good. All of a sudden, you know, they don't really believe in autism, ADHD and all of that.

00;10;01;07 - 00;10;24;25

Eileen Lamb

So I can definitely relate to that. That's that's why I ask, too. I think there's definitely a culture element to when a person is is diagnosed with autism. Now, your daughter, you said, is five. So for her, I don't know if she was when was she diagnosed? Seems like it was cut earlier. But

you're also you're in the U.S. now so

00;10;26;11 - 00;10;51;26

Tania Garcia

Yeah, she wasn't it wasn't 2020. She was two a little bit above two. So we started that early intervention at one year and nine months probably or one year and a half, because we started noticing like she, she had a regression and I think in the United States, I mean, I've been blessed to have more resources and ways to get information.

And I ask people in and have more information available to learn what autism is, the differences between my autism and her autism, because obviously there's not a you're not find two people with the same exact clinical manifestations for autism. So I was blessed to have the opportunity to learn. And since that moment I just concentrated and focused. Autism became a profound interest for me, like a profound demand for my brain to to get knowledge and to become an expert.

00;11;32;04 - 00;11;56;28

Tania Garcia

But at least be able to identify things that will be useful in our household. So my daughter's right now receiving a therapy, music therapy, occupational therapy, speech therapy. She's going to do gymnastics. She's doing swimming. I we have activities that she got brought like two months ago. We're learning how to use it. She's doing great with it. I use the visual schedules.

I have fidgets, I have sensory toys. We have a huge teddy bear, which again, she has learned that she can cry on it whenever she has a meltdown because she doesn't like us to be around. I have learned how to observe her behavior, distinguish what's pain, what's sadness, what's what's just a little bit of request for time out so she can regulate herself.

00;12;19;12 - 00;12;37;16

Tania Garcia

I've been learning so much in order to help her, and she has done she does have a she'd be having great progress. And I'm very proud of that, that even whatever I went through now has a purpose. Now it has a different direction in which she's the one that is getting the most benefit off.

00;12;38;16 - 00;12;48;29

Andrew Komarow

Can you talk about some of the areas where it sounds like you can relate to your daughter? Can you also talk about some where maybe you can't?

00;12;48;29 - 00;13;09;21

Tania Garcia

I cannot relate to the fact that she has speech delay. I didn't get to I didn't go through that. Okay. I don't relate to that help that she's getting because I didn't get any of that. But I can relate to the fact that she's she demands a lot of time by herself. She's very she's very isolated at times.

00;13;10;10 - 00;13;35;14

Tania Garcia

She doesn't eat a lot of stuff. One of the of our making or warming struggles is the fact that she's a picky eater and that's like super difficult to overcome. And now I understand why my mom and I that went through because I so I'm 32 now and I still don't eat a lot of stuff. I relate to the fact that she she knows that she can be her best companion.

00;13;35;14 - 00;13;57;29

Tania Garcia

And I relate to that like I can. I can be by myself, Like, I don't have a problem with that. And she's she can entertain herself. She, she but she's able to identify whenever she wants company and she's able to communicate it. She's able to hold my hand, sit me right next to her and and just look at me.

00;13;57;29 - 00;14;23;24

Tania Garcia

I'm like, smiling like, okay, you like this? You want some time with with mommy or with sis or whatever. But I totally relate to the fact that she is she likes to she has like a certain space at home where she likes to kind of her privacy squared. That's how we call it. And I used to have that like I used to demand that I had my own pillow.

If that wasn't there, it will be it was kind of chaotic until we found it. She has her own pillow. She has her own things. She has her own things in certain containers. And my I have my own things in certain containers. I see myself in a lot in her. And that's what got my attention. And that's why we kind of ignored or didn't pay as much attention as maybe we should have.

Because I was always telling myself, always, because she's like me, all because she acts like me. Oh, my God, I. I understand her Like, I don't like people. I don't like to be around people. I don't like noises. I don't like firecrackers. I don't like heavy smells like I don't I don't like. And I go through stories on I go to the stores when it when they barely open or they're about to close or things like that.

00;15;18;06 - 00;15;22;01

Tania Garcia

And we're similar in a lot of stuff, but we also have our differences.

00;15;22;17 - 00;15;39;26

Eiileem Lamb

Oh my God, I can relate to that so much. You know, I mean, I know you're on social media, too,

and there's that kind of like inside joke between moms that like they go to Target to to relax. And I'm just like, why would you go to a grocery store to like, it's not like hell like I do?

00;15;39;26 - 00;15;41;27

Eileen Lamb

Excuse me. And your son. I don't get.

00;15;41;27 - 00;15;42;13

Tania Garcia

It. Loves it.

00;15;42;13 - 00;16;01;17

Eileen Lamb

But yeah, it's like, not relatable at all to me. No, I'm not going to go to Target to relax and have some fun, but. Okay, you do. You. So yeah, I totally get that my son is a lot more severe than me and I get asked that question a lot. Like, can you relate to your son better because you're on a spectrum yourself.

But like, I mean, he's like, completely, like nonverbal. Yes. Like behaviors that I've never had. So, like, yeah, on a couple things like, like you said, the fact that we don't like being around people that much, like, yeah, that I relate to. But for like the most important things, like you know, the communication aspect and you know, for instance, my son has no sense of danger and, you know, I might do some stupid things like put a swing box in the washing machine, but I know that's running in front of cars is dangerous, you know, So it doesn't affect us in the same way.

00;16;35;13 - 00;16;57;21

Eileen Lamb

But I did relate to exactly the same thing I could relate to. Is my son the same? So so that was pretty interesting. I wanted to talk to you about social media because another thing I can relate to is the social media aspect. And I see you're on social media now, and I know that, you know, you've been sharing your your story and how did you did you get there?

Like what made you decide, okay, I'm going to go on social media and share my story.

00;17;03;09 - 00;17;30;23

Tania Garcia

And when I start reading about autism, I read most of my books are in English. So I think that English market can be like at a certain point, covered already by a lot of voices like yours, because you guys, you guys do a great job. I really, really like what you guys do. But when I found I mean, I got a lot of resources in English and I'm like, okay, wait a minute, where's the Spanish?

00;17;31;19 - 00;17;50;21

Tania Garcia

I mean, here, not in the States. Where is the Spanish community talking about autism? I don't know if there's more resources now than like in 2020, but at that point I couldn't find much. And the ones that I was finding, they were giving me like the same script for it. And I'm like, I don't think these people are.

00;17;50;21 - 00;18;17;23

Tania Garcia

They're just following one book or one one source. Like, I don't know, I was it wasn't clicking for me. It wasn't making a lot of sense. So I'm bilingual. I mean, like for my for my first language is Spanish, and I got very concerned. I'm like, these people these families are having visits from therapists maybe once a week, maybe twice a month, I don't know, but at least once a week.

And they're only relying on the information those therapists are providing. I'm not saying it's wrong, but I think they should be exposed to more options and make more informed decisions about therapies might be telling them like, Oh, your kid is going to be able to talk, but we're going to do so and so, and maybe we rephrased that we're going to move slow, but we might be able to accomplish a meeting for a kettle to request milk.

It's a great accomplishment. And if you don't focus on that, at least try. I think you're missing an opportunity. And I obviously understand there's there's there skills with severe autism in my in level two. Level one, there's a lot of differences, but I can only speak for my experience so far. I, I felt that there was a lot of need to communicate autism in Spanish.

00;19;13;08 - 00;19;43;06

Tania Garcia

And I found finding like other resources from Latin America, other associations are doing certain people that are doing their their mission about around autism. And I and I'm happy to see that. But I think I had to do something. I couldn't be left as a lost statistic. I felt a lot of desperation for it, and I didn't know how to even sit myself in front of a camera and talk because looking at a camera lens is easy.

00;19;43;11 - 00;19;58;13

Tania Garcia

I mean, human eyes are the ones that give me a lot of trouble because you guys, everyone's eyes communicate a lot. And I don't think I can process that when I look at people on the ice. So I'm like, okay, our lens is not giving me anything. So I think I can do that. But I needed to learn how.

00;19;58;14 - 00;20;32;02

Tania Garcia

So I got enrolled into several public speaking workshops and whatever Instagram Q creators the

Creators page was sharing. I looked it up. I read about reels, I read about lives, I read about posting stuff and creating this this community I think I should call it. And I started like said in my cell phone camera and start playing with music and start reading certain lyrics to my feelings and my experiences.

00;20;32;23 - 00;21;05;04

Tania Garcia

And little by little it's been growing. I think people are making a connection with my content, but I wanted to focus on the Hispanic community, so that's why I'm most I mean, all of my content is in Spanish so far and and I'm very proud of that. I think people wanted to hear autism as an adult, but with simple terminology I know that we want and next about autism, but I think people still missing that that I don't know how to call it, but just a simple way to say things.

00;21;05;06 - 00;21;33;17

Andrew Komarow

There's there's almost you know, there's just too much information out there. And it's so overwhelming. It's so I mean, it I completely agree. You know, there's just there's too much information that needs to be simplified, you know, narrow down here, curated. So with that said, you know, from either therapies doctors or online because there's so much information, how did you know?

00;21;33;17 - 00;21;56;22

Andrew Komarow

Because there's not just good information. There's also bad information. There's some of the Hispanic information that wasn't helpful, but it wasn't harmful either. Right? It was just slightly generic. But then did you run across hurtful information? How did you identify that and came like what? What how do you identify the most helpful information and what was that?

00;21;57;29 - 00;22;17;10

Tania Garcia

I think the most helpful information has been the more like the simplest thing ever. I'll just give you an example. One day I just posted a story because I use my socks inside out, and I even talked to Jim about this when I met him. I worked my socks inside out because of the what is it called, those things that line in the front.

00;22;17;10 - 00;22;18;18

Tania Garcia

I cannot remember the name of it.

00;22;19;10 - 00;22;20;25

Andrew Komarow

I didn't even know there was a name for that.

00;22;20;27 - 00;22;42;10

Tania Garcia

So I thought, okay, but you know what I'm talking about. Know that line in the front and in the socks? It's very uncomfortable. He makes my life miserable if I wear the right way. So I wear and so I don't. And it's very comfortable. And that's how I can function. So I posted one day that a happy life could be accomplished with a simple action.

00;22;42;10 - 00;22;59;12

Tania Garcia

I was wearing your socks inside out, so I got a lot of messages like, Why do you do that? And I'm like, Because it's uncomfortable. I don't like it. It's it's annoying. It's no, I cannot focus because I'm just thinking about that sensation that I have in my and my feet. So I got a lot of messages after that.

00;22;59;19 - 00;23;29;20

Tania Garcia

It was a lot of engagement and a lot of moms saying, Oh, maybe that's why my son crying in the mornings. He doesn't want to wear those socks. And I have to wear and I have to put them in like force them or I have to go through this whole crying episode and then finally get him to wear them and or maybe just wear some sandals, but they're not allowed to go in sandals in the other school, or they they chair so many episodes or so many situations regarding socks.

00;23;30;07 - 00;23;52;10

Tania Garcia

I'm like, Why did you just do the change? Try it out. A few days later, I get more messages saying, you know, that was a problem. He's not complaining anymore. He's just he doesn't care anymore about his socks or she doesn't care about your socks. And I was like, okay, this is worth it. I think I'm on the right path.

You're it's a it was just a small little thing that help a lot of people. And I was I was really proud of it. But it's it was something for me very simple and for neurotypical people super simple. They're not even aware of whatever structure of success, but it made a big difference in the community. And I was like, okay, let's let's keep it in this route.

00;24;16;09 - 00;24;18;11

Tania Garcia

Something simple can make a big difference.

00;24;18;22 - 00;24;31;07

Eileen Lamb

Anyway, I know you went from a like zero followers to like 87 overnight or something crazy like that. And that happened after you did an interview with a journalist. Can you tell us about that? I

don't know.

00;24;31;10 - 00;24;58;08

Tania Garcia

Yeah, Instagram. I was on a daily and I didn't. I think I did it like for a whole year, just daily, daily, every single day. I wouldn't miss anything. And I went from probably 150 followers to 70,000 in a whole year. But then I guess I was exposed and I go higher level than what I thought that I'd get in contact with.

It's due to a Mexican YouTube personality in Mexico, a He dedicates to communication, doing interviews with important people like owners of TV stations and politicians and interpreters, and this type of personalities that can give something back to the community. That's his mission, pretty much. So his wife started following me, but I wasn't aware of that because there was days that I will get like 500 followers, so I wouldn't keep up with the notifications.

00;25;36;22 - 00;25;55;28

Tania Garcia

So I get a message from her and she's like, You know what? I will really love my husband to interview you know, you call him, she call him Niyo because that's pretty much his nickname. She's like, I would love to interview you. And I'm like, Who is she? I'm like, I know who she's talking about, but who is she?

00;25;56;17 - 00;26;22;24

Tania Garcia

So I went through her profile and I found out she was a wife. And I'm like, Holy cow, who am I talking to? And now this YouTube personality. He has more than half a million followers on YouTube and more than 3 million in Facebook, and I think close to 1 million Instagram. So I was like, wow, okay, okay, you all like, let's see.

00;26;22;24 - 00;26;50;18

Tania Garcia

So I keep talking to her and she's like, You know what? I found your real about autism. And I look up your profile and it's fascinating what you're doing with a diagnosis. And I think it can make a huge impact in other people's lives. And I'm like, Well, that's why I'm here. That's my my main goal when it comes to autism awareness and spreading information about it and trying to make a social change better, set up positive social change.

00;26;50;29 - 00;27;11;25

Tania Garcia

That's what I want to accomplish. So I kept talking to her and she's like, Can we can we arrange an interview? If you ever come to Mexico? And I'm like, Well, I don't travel that often, but if you give me a date, I can schedule all my whatever I need to do in order to go to Mexico. And we did.

00;27;11;25 - 00;27;45;01

Tania Garcia

I got that interview done back in March and it got published a month ago, and it's the last time I checked, it was 600,000. No, 600. 630,000 because and I being editing, I got like 5000 followers, like within two weeks after that interview. And I, I got I've been getting messages from a couple of universities in Mexico asking me to go work for a conference.

00;27;45;01 - 00;28;20;11

Tania Garcia

And then I've been getting like, so meetings with parents from associations. And I did one last week from an association, from Panama. Yeah, it was Panama. And before that I've been collaborating with associations in Argentina and to Chile and Colombia and other countries, and it's been fascinating. I've been I it's been a great response after that interview. But my work has been I've been working on it since 20 the the end of 2020.

So it's it's very fascinating and I'm very grateful for it. Other people helping me to expose my testimony and trying to help others with my story, just like you guys. I mean, I appreciate the opportunity. It's been great.

00;28;33;14 - 00;28;37;11

Eileen Lamb

Incredible. Are you getting any negative feedback?

00;28;38;01 - 00;28;38;13

Tania Garcia

Oh, yeah.

00;28;39;17 - 00;28;40;10

Eileen Lamb

And what do you do when it hiits you?

00;28;41;07 - 00;29;03;12

Tania Garcia

When I hit 10,000 followers, it was insane. That's when I met hate. Like I didn't know there was such a thing in social media. I've heard of it, but I never thought I was going to experience it. And I started receiving messages like, Oh, you cannot be optimistic. Your functional, your normal, you're taking advantage of it.

You want to make money out of it online. Okay. You are trying to take advantage of people's feelings and hurt them because autism is not what you say it is. And I'm like, well, I'm talking about Marxism. I cannot talk about severe autism because I don't have a I don't I don't I don't I don't share with a I don't I don't have it at home.

00;29;24;07 - 00;29;48;04

Tania Garcia

I don't have anyone close to me that it's on the severe, severe diagnosis or my daughter is a level two. So that's what I can expose. It will be it will be wrong for me to pretend that I know something that I don't live every day. I think that'll be very hypocritical. So I'm exposing what I was told.

00;29;48;04 - 00;30;09;29

Tania Garcia

And after getting a diagnosis, believe me, I went to get a confirmation because I was like, How all the time is it? How come I mask so much and so well that I wasn't aware that all this kind of mean or it was because of a diagnosis instead of just being my normal self and being weird and being antisocial because I was another word social.

00;30;09;29 - 00;30;28;21

Tania Garcia

I'm like, No, I'm not that. Like, I got so many text when I got the diagnosis because all of them had an explanation and they didn't have anything with a negative aspect or they made me feel like I was a bad person because of my honesty. Like, I'm very honest. Like if I tell you like, Oh, I don't want to be here, it means I don't want to be here.

00;30;28;21 - 00;30;47;06

Tania Garcia

They're like, Oh, you have to be more self care about it. Just tell me something else. I'm like, I don't know. I just don't want to be here. I'm out by I'll see you guys and then I hurt people's feelings and this whole thing comes in and they used to make me feel so bad. But now I know that I'm not.

00;30;47;06 - 00;31;09;23

Tania Garcia

And I know that I. That I can do much to help others. And that I've been trying so much to share my story by just sharing what I have. And not all people agree to it. And that's okay. But I get way more positive feedback. So I lean into that like I, I focus on that and not focus on the negative.

00;31;09;23 - 00;31;17;03

But it was a tough, a tough time in my life when I figured out the hate can hurt you really bad.

00;31;18;02 - 00;31;40;02

Eileen Lamb

Yeah, and honestly, you you get used to it. I can tell you after a while, like you get the hate and it

doesn't affect you the same because you've heard those things like hundreds of times and you know, that's, you know, that's not you. And it gets easier. My son is your neighbor, Charlie, and it's been so amazing for us.

00;31;40;18 - 00;31;55;01

Eileen Lamb

And one of the things I get a lot of hate for on social media is a yes. So what do you think about able do you get hate on the topic of eBay? Like tell me everything about eBay.

00;31;55;24 - 00;32;15;18

Tania Garcia

Yeah, I get a lot of hate up on eBay. I think it's been a life saver. I think it has been a great experience and a great experience for my daughter. And I only say this because I'm very involved. So people tell me all a lot of negative things about eBay. I'm like, Well, first, what are you doing?

00;32;15;18 - 00;32;45;15

Tania Garcia

How E First, how have you been honored to be there? I know. I'm like, Then why? What? What do you know about eBay? But my daughter has been getting a lot of positive things out of eBay. It's been a huge change from the time we started until this point. She goes, I mention all the therapies along with eBay, and it's it's great.

00;32;45;15 - 00;33;16;26

Tania Garcia

It's great when you find the people that do it right, that are how to structure, how to settle company. And people work with principles and values. And and they're focusing on our kiddos to help them thrive and develop and accomplish skills and other capabilities that they need to in order to to accomplish more autonomy or whatever goals data they settle with, with the parents.

00;33;17;18 - 00;33;48;02

Tania Garcia

It's it's been great. I love it. I mean, I understand that people don't agree with you, but the only example I can give, it's how did psychiatry started. They started like giving the shocks to people's brain in order to cure some disease. And it has evolved. It's nothing like that. All the sciences have made a change. And if they didn't start with the right food, they have gotten way better.

00;33;48;17 - 00;34;11;26

Tania Garcia

And I study that as well. When I started doing this whole reading about autism in the PCBs are great companions in this journey. They make sure that we get all the plans, that we get all the goals. So whenever she mastered a goal, we jump into the other one, but with our opinion in the

middle, okay, we accomplished it.

00;34;11;26 - 00;34;31;14

Tania Garcia

What do you think? What are the struggles are we having at home? What are the behaviors that we're having at home that we can help you with? I do parenting trainings every two weeks. They are requirement for insurance, buying the insurance, but I love doing them. Even if they were not a requirement. I will ask for it because I need to know what they're doing with my daughter.

00;34;31;25 - 00;34;55;09

Tania Garcia

I need to know that we are in the whatever they're doing. I can complement whatever I need. They can help me as well. So it's been a whole teamwork involved and they've been doing only things for my daughter, so I cannot complain about Abby. I respect whatever other people think, but I just don't allow it to modify what I'm doing because I know that she's doing good.

00;34;55;09 - 00;35;10;22

Tania Garcia

I know that she I drop her off every day and she doesn't even sit by to do the walks in like she doesn't care about me. And she loves her therapists and she loves she prefers one therapy than the other one, but she doesn't care. The other one is not available. And she's like, okay, fine, I'll go with this one.

I don't care. They send me videos sometimes throughout the day. Oh, she was able I got a video yesterday from her, her speech therapist. Well, from her bcbc. But it was during her speech therapist session where she was able to give us a s sound. She wasn't able to. She was struggling a lot with the sound, so she was able to give us a stop.

00;35;32;21 - 00;35;50;26

Tania Garcia

So I was happy about it. It just made my day. But those are the little things for other people. Well, for us are huge accomplishments and those are the milestones that we're working on. And She's been progressing a lot and I'm not I I'm just thankful for Abby.

00;35;50;26 - 00;36;10;08

Eileen Lamb

That's that's incredible. Yeah. I'm so thankful for year to honestly, I always say I don't know where my son would be if it wasn't for ABA. Like they told him to use an app on his iPad to communicate as it taught him how to, like, brush his teeth, get dressed, And, you know, people are always like, Well, anybody could have done that.

00;36;10;08 - 00;36;26;00

Eileen Lamb

Why don't you do it yourself? And they don't realize that it takes like so many hours, you know, like hell of years. It took years to, like, learn to dress himself and it's not just as simple as showing him how to bring his fence on, and then he knows how to do it. You know, you need that repetition.

00;36;26;08 - 00;36;45;25

Eileen Lamb

And ABA been so incredible for us, and I'm so glad that you got a good experience, too, because, you know, a lot of people are afraid to tell their stories, positive stories of it. Yeah. Because of the hate, you know, And then so then you end up only hearing the negative about it because people are too afraid to get attacked for liking it.

00;36;45;25 - 00;36;55;07

Eileen Lamb

Yeah. Yeah. It's so important that your voice and my voice and all the positive stories are heard, too. So I. I appreciate you sharing your story.

00;36;56;26 - 00;37;21;23

Tania Garcia

I mean, like I always said, stayed on in my life. So whenever I getting to, like, with my audience, I'm like, I can only speak for myself. I will never make generalizations. I will never say everybody this. Nobody likes that I will. I will try my best to avoid that, because that's when you're based on other people's freedom or decision making processes or whatever problem solving strategies that they want to use.

00;37;23;14 - 00;37;41;26

Tania Garcia

But I really like to put out to them how it is at least how I see it. It's frustrating is exhausting is a lot of repetition. You get tired of it. There's things that you really don't want to see your child like, come on, do you sleep two more hours to whatever you Your schedule is already settled because I'm done, I'm drained, I'm tired.

00;37;42;06 - 00;38;04;05

Tania Garcia

It's been hard. You have a lot of gray days because of therapy and all these strategies and all the progress they make. But there's days where you can I stand it anymore, and the only thing that you have to do is let it settle. Accept the fact that you don't feel good, let it run through your body that like, address all the emotions that you're feeling.

00;38;04;11 - 00;38;27;22

Tania Garcia

Call them however they're called, if they're sadness, fear, feel like crying and you just want to start sobbing and give yourself 10 minutes to cry, cry it out, and then just try again. Just never

get up and try again. And this is a constant up and down, up and down, up and down. But it's worth it when you see the progress in your kid.

00;38;27;27 - 00;38;54;10

Tania Garcia

It's frickin worth it. I love it. And it's like, okay, I've been crying and I've been frustrated and I get mad at myself because maybe I'm not helping you enough and maybe I could I could do more. But when that kiddo gets me and you let her sound or is able to communicate on the device like, Oh, I don't want to milk, I want to go to sleep or I want minis or I want water or just me water, it's like, come on, it's worth it.

00;38;54;19 - 00;39;20;24

Tania Garcia

Just don't give up. Because as those parents are the only people that are going to fight for them and advocate for them, nobody else is going to do it and do it. And I understand what what people can think. But for us, it's been a great experience. Complicated. I'm not gonna deny it, but it's it's what parents have to do.

00;39;20;25 - 00;39;41;08

Tania Garcia

This is what we have to do and we cannot escape from. And kids deserve to have a little life because they have human rights and they have universal rights and not because my kid comes accompanied with with a diagnosed, it means that he or she is less know she shouldn't. She needs a protector and we're going to settle it for them.

00;39;42;07 - 00;40;24;28

Eileen Lamb

Exactly. It's exactly it. People autistic people deserve the same chance at being able to do things that people take for granted. And ABA is giving them that chance. It's like the perfect way to summarize it. Okay. I want to ask you to tell us a little bit about that commercial you did for Autism Speaks. I guess technically it's a PSA because you had no acting experience and we were looking for autistic people to be featured in this PSA to show the importance of including autistic people in a, you know, employment for autistic people to get chance to get a job.

00;40;25;14 - 00;40;29;23

Eileen Lamb

And, you know, this. Can you tell us a little bit about that experience?

00;40;31;08 - 00;40;54;16

Tania Garcia

Oh, it was great. But I got scared when Jim told me I'm, you know, and he's like, we want to do this PSA about autism and employment and opportunities and hiring process and this whole campaign, Adam, like I can call a campaign, but the whole PSA, I'm like, Why me? They're like,

oh, we look at and he was like, We're looking for autistic autistic people to participate.

00;40;55;08 - 00;41;17;01

Tania Garcia

That immediately clicked. I'm like, because I know all the hate that Autism Speaks gets to. I'm like, They make an honor on their mission. They're honoring their mission. They could hire neurotypical models to stand in front of a camera, pretend to be doing whatever you guys were doing, because I didn't know. I had no clue what was that about.

00;41;18;10 - 00;41;40;14

Tania Garcia

But they're considering artist people on the spectrum to participate, to make it real, to be like, This is what we look like, this is what we can do. And this is what we can project to other people. And I was like, I'm in. He's like, Are you sure? I'm like, Yeah, I don't know what I'm doing, but if you give me specific instructions, I'll follow him.

00;41;40;14 - 00;42;02;22

Tania Garcia

Like, I just I'll just do whatever you guys ask me to do. He's like, You call me on Monday, I guess, And I and I flight on. I fly on Thursday. He's like, Can you do it? I'm like, Yeah, thank God. I was in a vacation from school. I had a break. I was like everything that accommodating to me, troubling him and all like, okay, this is unpredictable, but it makes sense.

00;42;02;23 - 00;42;23;02

Tania Garcia

It has a purpose. So I think I can adjust that. And everything worked out. So I got to Denver because like I said, I live in Phenix, Arizona. I got to Denver on Friday, not Friday and not on Thursday night. Then on Friday, we got to the recording or filming place. I don't even know what to call you see.

00;42;24;18 - 00;42;45;20

Tania Garcia

And they did my makeup, they did my hair. They asked me like, how do you how do you do with textures? How do you do it with fabrics? We got this clothes that you're going to wear. Tell me if you feel comfortable with them. We're going to do so and so thing this is. They sent me the whole schedule, so I read schedule.

00;42;47;01 - 00;43;18;17

Tania Garcia

You don't need to talk. You just need to wear clothes and simulate certain jobs. I'm like, okay, I can do that. They were always like, Oh, do you want to eat? Whenever you don't feel comfortable, just let us know. You can take a break that that so they were so understanding and super kind and most of them well all of them were curious like what are you talking to me about

my story and talking to them on our way to the filming place.

00;43;19;02 - 00;43;41;24

Tania Garcia

And they were just super clean and lovely and and full of good advice. Like you could tell the environment was so light and nobody was worried that I knew all. But it's hard for me to read people, so maybe I didn't notice if they were stressed or something, but they treated me super well that I feel super comfortable.

00;43;41;24 - 00;44;23;11

Tania Garcia

So I get when people get me to feel comfortable, I can actually like I can the flow can be better on my end. So I think because I felt comfortable, I didn't have a problem. I was just following their directions and I had fun and everybody was having fun from what I could tell. And I loved it. I think it was a great opportunity for me to experience that, which I never done before, but also gave me the opportunity to get in a close contact with Autism Speaks from my perspective, and I had a contact with him back in 2020.

00;44;23;11 - 00;44;51;18

Tania Garcia

So we kind of catch up during that time. And then he talks about you so much and he'd want me to get in contact with you and got us together, which I'm glad. But it was a great experience. I thought that they will treat me with so much compassion and and taking care of me along with the other person that was participating in the in the PSA.

00;44;51;29 - 00;45;03;23

Tania Garcia

And I love it. I love I love that. And I actually am going to do they proposed me I'm not sure yet, but they proposed me to do that voice off in Spanish for it. So I'm excited about that.

00;45;04;11 - 00;45;30;14

Eileen Lamb

That's Amazing. That's such a great idea. Yeah. We've been really trying to do more for the Spanish Hispanic community. And so, yeah, you're you're great. And I'm so happy you're, you know, involved with us. And the PSA looks amazing, I can tell you that. Thank you. Can you tell people where to find you on social media? I know we've talked about it, but like, tell them your your handle and all of that.

00;45;31;29 - 00;46;06;13

Tania Garcia

Well, I'm pretty much everywhere except Twitter, Twitter don't like Twitter, but Instagram threads, TikTok, Facebook. My username is zero seven. Tony, I'll Garcia. Tania, would I not? Why not? Oh, they can write my name in so many ways but it's to and I a it's a Latin. Garcia is my last

name and I mean if you are in the Hispanic community or not, sometimes I do things bilingual and sometimes I but I stick most to the Spanish aspect of my account.

00;46;07;10 - 00;46;10;28

Eileen Lamb

I'm going to ask you some quickfire questions.

00;46;11;18 - 00;46;14;06

Tania Garcia

I, I guess.

00;46;15;16 - 00;46;19;04

Eileen Lamb

What's your favorite animal?

00;46;19;04 - 00;46;21;23

Tania Garcia

I don't like animals.

00;46;21;23 - 00;46;30;28

Eileen Lamb

Okay. That's that's a fine answer. Listen, not what I did, but I'll take it. Okay? So who's your favorite singer, then?

00;46;30;28 - 00;46;35;23

Tania Garcia

Uh, I would say Garth Brooks. I'm a country fan. I love country music.

00;46;36;16 - 00;46;38;14

Eileen Lamb

Very food you can't hit on.

00;46;38;14 - 00;46;41;22

Tania Garcia

It's Asian food.

00;46;41;22 - 00;46;42;16

Eileen Lamb

Favorite color.

00;46;43;13 - 00;46;45;04

Tania Garcia

Purple. I love purple.

00;46;45;13 - 00;47;06;19

Eileen Lamb

Thank you so much for joining us today, Tanya, and sharing your your experiences. I know experience and experiences. I know it's going to help a lot of people in a Yeah, we'll we're going to encourage people to follow your social media so they can get to access your content in Spanish, which is very, very important. So thank you.

00;47;06;19 - 00;47;14;18

Tania Garcia

Thank you. Thank you so much. I appreciate the opportunity, the space you have open for for my story. Story to be sure.

00;47;15;01 - 00;47;15;18

Andrew Komarow

Thank you.

00;47;15;25 - 00;47;17;04

Tania Garcia

You too. Bye bye.