

## Money matters

Understanding the financial wellbeing of autistic people



Adulthood



### Background

Financial wellbeing is an important component of people's overall wellbeing, reflecting the capacity to live a comfortable and fulfilling life. Despite many autistic people having a desire to work, the majority are not employed full-time or are under-employed and have low levels of income. Such circumstances present serious constraints to achieving financial wellbeing.



### Aim

Given the relative absence of research in this area, we sought to understand the financial wellbeing of Australian autistic adults in greater depth.



### Who took part?

**191** autistic people took part in a survey (Phase 1)

**21** of these people were interviewed in depth (Phase 2)



### How we did the research

#### Phase 1



We conducted a large-scale survey to examine autistic people's objective financial wellbeing, including income and savings levels and their subjective sense of their financial wellbeing.



We also wanted to understand the predictors of autistic adults' subjective financial wellbeing.

#### Phase 2



We identified people who had rated themselves as having particularly high or low financial wellbeing to be interviewed in order to understand in greater depth the subjective experiences of financial wellbeing among autistic people.

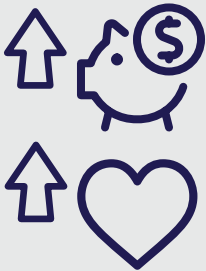


# Money matters

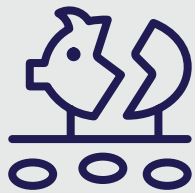
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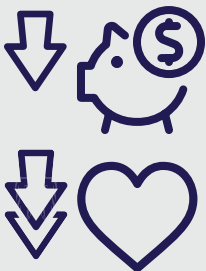
## What we found



Our Phase 1 survey-based results revealed that the more that people were able to save and the less that they had to borrow for everyday expenses, the greater their sense of financial wellbeing.



Yet, meeting basic expenses and having the ability to save in this way were worryingly out of reach for many of our participants, whose income was simply not enough to support this.



Our Phase 2 interview-based results showed further the detrimental impact that low financial wellbeing can have on people's mental health and wellbeing.

**“Financial wellbeing means living a life knowing that you will have money to pay day-to-day bills, security in your future and the ability to put money aside for the nicer things in life such as saving for a holiday.”**

*Project participant*



## Who did the research



**MACQUARIE**  
University  
SYDNEY · AUSTRALIA

### Acknowledgments

The authors are extremely grateful to all of our participants for taking part in this project.

### Find out more

Download the final report and executive summary on the Autism CRC website: [autismcrc.com.au/reports/FinancialWellbeing](https://autismcrc.com.au/reports/FinancialWellbeing)

