

Future Leaders

Lydia participated in the 2019 Future Leaders Program.

Lydia is passionate about making sure mental health services are appropriate for autistic people.

“Future Leaders basically changed my whole outlook on life. I was in a pretty bad space before the Program. I learned that it’s okay to be autistic and I am now doing things I never thought I could do before.”



“Autistic adults are nine times more likely than the general population to die by suicide but when you are autistic the whole experience (of mental health) is different. Mental health programs have to be adapted for autistic people.”

As part of the Future Leaders Program, Lydia developed a poster and cards to alert professionals to the extremely high rates of mental health conditions in the autistic community, and what they need to do to more effectively communicate with autistic people. Through this Lydia met a number of influential people and has since been speaking at suicide prevention reference groups, systemic advocacy organisations and mental health events.

Because of her involvement with the Program, Lydia was selected to attend the One Young World conference in Munich, which gathers young leaders from around the world to

develop solutions to the globe’s most pressing issues.

Future Leaders has provided Lydia with the confidence and skills to affect change to legislation, government policy and community attitudes, but has impacted her personally.



Left: The poster Lydia designed to alert professionals to the high rates of mental health conditions in the autistic community.

The Future Leaders Program is Australia’s first holistic leadership capacity building program for autistic adults. It empowers autistic adults to explore and develop their leadership skills and networks to positively impact their communities. The Future Leaders Program is delivered in partnership with Autism Spectrum Australia (Aspect).

To find out more, visit sylviarodgeracademy.com.au



Sylvia Rodger Academy

The Sylvia Rodger Academy delivers nationwide programs that empower autistic adults.



Above: The 2018 Future Leaders participants.

Our vision

Autistic people thriving through discovering and using their strengths.

Our mission

Providing programs, pathways and networks that create communities where autistic people fully contribute and influence policy, practice and culture in partnership with their peers.

Our Programs

Backed by research. Co-designed and developed by autistic adults, for autistic adults.



Research Program

Upskills autistic adults and researchers to work together as research co-producers.



Future Leaders

Australia's first holistic leadership capacity building program for autistic adults. Delivered in partnership with Autism Spectrum Australia (Aspect).



Governance

Australia's first training program in corporate governance for autistic adults.

Our Programs involve

Interactive learning modules

+

Residential workshop

+

Practical experience

Contact us

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