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### Support Person Letter

#### *The Hidden Histories of Late-Diagnosed Autistic Adults: An Oral History Study*

Dear **Insert Support Person's title and surname**,

**Insert Interviewee's preferred name and surname** is taking part in an oral history project. They are talking to researchers from Macquarie University about their life before and after getting an Autism diagnosis. There is very little research about what it is like to live most of your life as an undiagnosed Autistic. This project aims to increase our understanding of these lives. We are also interested in what led to people getting a diagnosis, and if having a diagnosis has changed their sense of self and wellbeing.

From experience, we know that many people feel empowered by telling their story. But sometimes, it can cause interviewees to experience challenging emotions and memories. This can happen even though they have volunteered to tell their stories. It can happen both before and after the project sessions.

Because of this, we have encouraged **First name** to contact you so that you can support them throughout this process. Asking for help or support can be difficult. We have written this letter so that our project participants can use it to let you know that they'd like your help. The sort of help needed will be different for everyone. We will talk with the participants throughout the project to encourage them to find practical ways to manage their thoughts and feelings. We will encourage them to use this letter to begin a conversation with you about what they might find helpful.

If you are given this letter, please do whatever you can to provide practical and/or emotional support. Your assistance in this process is very much appreciated.

These are the numbers for **beyondblue**: 1300 22 4636 and **Lifeline**: 13 11 14. Both of these organisations provide information and support for mental health issues.

All consent and permission forms have been completed in accordance with the ethics approval granted for this project.

Should you wish to discuss this further, please email me at [liz.pellicano@mq.edu.au](mailto:liz.pellicano@mq.edu.au).

Yours sincerely,

Liz Pellicano  
Professor of Educational Studies

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Page 1 of 1