

### Book reference

Garcia, E. (2021). *We're not broken: Changing the autism conversation*. Houghton Mifflin Harcourt.



*We're Not Broken: Changing the Autism Conversation* by Eric Garcia is about the author's journey with autism and how society views individuals with autism. Garcia challenges the prevailing narrative of autism and advocates for a neurodiversity movement that accepts and celebrates the unique experiences and abilities of autistic individuals.

### Book Club Discussion Questions

- People have differing thoughts about using person-first vs. disability-first language because of different beliefs and values. Some individuals and disability advocacy groups prefer person-first language because it emphasizes that the person comes before their disability and is not defined solely by it. Garcia describes himself as “autistic” using disability-first language. *What are your thoughts on the terminology differences? What terminology should be used when discussing the book?*
- Autism is a spectrum disorder and individuals with autism may have different strengths and needs. *Did anything come up that changed your perception of autism or the lived experiences of people with autism? What was it? How did your idea(s) change?*
- Garcia's book discussed the need for a shift towards a more inclusive and accessible society for all individuals, regardless of their disabilities. *What did you think about this message about disability acceptance and empowerment?*
- It is important to consider the impact of medical professionals' perspectives and societal attitudes about individuals with disabilities. These perspectives and attitudes can shape the way individuals with disabilities are treated in healthcare settings and society at large. Garcia discusses the importance of including and respecting people regardless of their neurobiology. He shares that autistic people's “fate” relies on finding a doctor who understands their autism. *Think about where you receive medical care. What suggestions might you make to make these services more inclusive of people with disabilities?*
- People with disabilities face discrimination and stigma in various domains of life. Negative attitudes about disability can lead to structural barriers, exclusion, and limited opportunities for social and economic advancement. *What systemic barriers addressed in the book were new to you? What surprised you about these barriers?*
- Disability activism and self-advocacy are important in shaping societal perceptions and creating change (e.g., raising awareness, empowering people with disabilities, influencing policy). *How might this book prompt conversations about disability rights, representation, and inclusion in your community?*
- Garcia's book discussed autism in relation to education, housing, healthcare, relationships, race and gender. *What passages or themes stood out as particularly memorable or insightful? Were there any moments in the book that particularly resonated with you?*

Additional resource guides at <https://www.delawareautismnetwork.org/>.

*Book Club Conversations: Books about autism brought to you by the DNEA.*