

# Standard of living



**María Oviedo**

# Employment

- Sooner or later, a woman will want to start to work to earn her **own money**.
- **Is getting work hard?** Yes. And when you're a woman with Asperger? Even harder. Some of us need help and constant guidance, and the hard work can easily stress us.
- Another problem could arise from the work **interview**; some people don't feel comfortable about employing a person with disabilities.

# Money

- Once a woman with Asperger earns money, she needs to **know how to spend it**, when it's too much and too little, what she needs and not, etc...
- The most complicated thing is **banks**. People with this condition struggle to understand the information, the intentions of the bank, the point in keeping money in one place as opposed to another... The need for help to understand is very important if we don't want to lose money or have it stolen.
- Nowadays, **technology has become an expensive need** for our social and organisational life.
- **Food** can be part of the problem too, Asperger people can have difficulties with the taste and texture of some products; refusing to find an alternative logical solution other than to avoid it. Why does this affect money? The answer can be pre-prepared food, because it's easier to get but more expensive.
- And now, **travelling**. Public transport is often used in our cities, but it can be expensive, depending on the destination; and some of us don't drive. Another point that we need to know about this topic, is that it can create stress.
- **Social use of money**: What do you think about giving money to a friend in need? It's a nice gesture but if you give it to the wrong person you might never get it back. In this scenario, some women find themselves unable to say anything, and might be easily **manipulated**.

# Own space

- Like anybody, Asperger women need our own place, and our own space. A LOT! We need a **place where we can find calm** and peace, where we can feel safe before and after stressful moments or struggles that might arise in our social lives.
- In our space we may need a particular kind of light, particular objects, noises and sounds... Which means further implications on finances and standard of living.
- Like any little boy/girl's room, some women can have objects in our way or in unsuitable places. **Cleaning and organisation** can be slow and hard for us; but not impossible.
- What's the hardest thing for us? **Sharing space**. Our space is supposed to belong to us and we can struggle to let people in.  
If we wanted to, we would need to do it in "baby steps"; we can get stressed if our stuff is touched, or if a person is in a particular place in the room... It's a difficult area, and can affect our social life.

# Obsessions and Possesions

- When someone with Asperger likes one thing, or perhaps better to say “Loves it”, it can lead to obsession.
- It’s like being a collector: a person who collects objects associated with a topic (example: The Unit States of America wars) or with a TV show or movie (example: Star Wars); the only difference is that a person with Asperger might cross the line about buying things.
- These **possessions can cost a lot of money** and take up a lot of space; and it can be really hard to get rid of a single object. People can even buy objects that they don’t need at all.
- It’s difficult to make a person change this habit; so they usually find a way to spend less money by looking for sales or getting the money in some other place.
- Possessions can define the women’s personality; there can be a real need for them, and that’s what can make the women so attached to them. The result can be confused with Diogenes syndrome, characterised by compulsive hoarding, domestic squalour and social withdrawal.
- Some objects can help with **sensory differences**; things like weighted blankets and **clothes or good quality** headphones, etc... All of them can be very expensive.