

First-of-its-kind National Autism Wellbeing Survey Reveals: Wellbeing Must Be the Top Priority

More than 1,000 autistic individuals, caregivers, educators and service providers say wellbeing is foundational to quality of life - yet believe current systems fail to prioritize it.

NEW YORK, NY — The autism community has spoken: wellbeing must be a top priority. [Proof Positive](#), a global nonprofit organization focused on promoting the wellbeing of the autism community, is excited to release their inaugural “Autism Wellbeing Survey” results, commissioned with Pathfinder Opinion Research, to understand wellbeing in the autism community and identify how services can move beyond survival toward flourishing.

The findings reveal an overwhelming agreement that wellbeing is essential, while highlighting a significant disconnect between what the autism community values and what current systems prioritize.

“We cannot continue to claim wellbeing matters while failing to prioritize or systematically support it,” said Katie Curran, Founder and Chief Wellbeing Officer of Proof Positive. “This survey sends a powerful message from the autism community: wellbeing is not optional, it’s essential.”

Key findings from the survey include:

- **Wellbeing is the top priority:** Wellbeing ranked #1 across all respondent groups as the most important priority for autistic individuals.
- **There’s a perception gap in lived experience and intention:** Only 39% of autistic individuals say the people supporting them highly prioritize their wellbeing, compared to 89% of caregivers, educators, and providers who believe they do.
- **Wellbeing is the foundation of skill development:** 69% say improving wellbeing makes it easier to build other skills. Autistic individuals feel this most strongly (76%), compared to 31% who say building skills leads to improved wellbeing.

In an effort to accelerate the integration of wellbeing practices into everyday environments, Proof Positive has created the [Autism Wellbeing Alliance](#), a collective of like-minded partner organizations, educators, parents and autistic individuals.

“Proof Positive believes wellbeing should be a priority for everyone, including the autism community,” said Curran. “We provide science-based, free tools for the autism community to ensure wellbeing is accessible to all. Wellbeing can only be achieved by working together.”

Download the full [Autism Wellbeing Survey](#) results, and join the [Autism Wellbeing Alliance](#) for access to free resources and stay updated on future research.

###

About Proof Positive: Proof Positive is a global nonprofit improving the wellbeing of autistic people and their families, providers and communities by providing free, evidence-informed resources to practice the skills of wellbeing. Learn more at www.ProofPositive.org.