

PREVIEW – TANIA GARCIA

1

00 00,878 -- > 00 00 12,078

When I got the diagnosis, my whole brain exploded from, obviously, not literally, to say rightly. Because of this, because of this, because of this, because of this.

2

00 12,178 --> 00 19,378

All the little dominoes or jigsaw puzzles,
It's like I didn't know I was missing that piece.

PODCAST INTRODUCTION

3

00 00 24,910 --> 00 00 48,070

Tony Hernandez Pumarejo, writer and author, professional and motivational speaker, presenter television personality, life coach and international ambassador for autism and mental health.

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00 00 48,070 -- > 00 00 52,710

He is proud to invite you to his podcast My Time with Tony Hernandez Pumarejo.

INTERVIEW WITH TANIA GARCIA

TONY HERNANDEZ PUMAREJO

5

00 58,350 --> 00 01 09,790

Hello and welcome to this new episode of my podcast My Time with Tony Hernández Pumarejo
and this is his hobby: Tony Hernández Pumarejo.

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00 01 09,790 -- > 00 01 24,670

And in this episode I will have the honor and privilege of teaching a story of great inspiration
of a person who has a unique story as an autistic person, as a mom of a little girl

7

00 01 24,670 -- > 00 01 33,126

with autism. And we're going to be talking about his story of overcoming.
So I have in the first video of Tania García interviewed today.

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00 01 33,126 -- > 00 01 42,726

Tania was diagnosed with autism at the age of 29.
She is the mother of an autistic girl and is a wife and nursing student.

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00 01 42,726 -- > 00 01 53,606

Tania is an autistic advocate.

And their mission is to help and make a positive difference within the autism community.

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00 01 53,870 -- > 00 02 02,870

and neurodivergent. So I have the honor of interviewing Tania Garcia today. Tania

Thank you very much for participating in this interview today on My Time with Tony

11

00 02 02,870 -- > 00 02 15,150

Hernandez Pumarejo.

TANIA GARCIA

No, thanks to you for giving me the space and excited to talk to you.

TONY HERNANDEZ PUMAREJO

Yes, I'm a rare privileged. I've learned a little bit of your history through

12

00 02 15,150 -- > 00 02 27,534

of Autism Speaks, Eileen Lamb interviewed you on her podcast.

"Adulthood on the Spectrum", but we are going to do this interview in Spanish in our native language of origin.

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00 02 27,534 -- > 00 02 40,574

So, Tania, I want to start with this question that I always call my guests, guests.

How would you define your life, Tania Garcia's life in a few words?

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00 02 40,574 -- > 00 02 44,574

TANIA GARCIA

Ah, very structured.

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00 02 51,086 -- > 00 03 01,766

But it's a nice and very quiet life. It's very...

I'm my best company, so I think it's been very easy to understand

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00 03 01,766 -- > 00 03 14,926

Why I behave the way I behave and why I do things the way I do it comes down to one Simple life, without so much complication I would say. In other words, a quiet life,

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00 03 14,926 -- > 00 03 29,262

No problems, no disturbing anyone, in your own world as much.

Yes, it's very common to say that, but being in my own world is like taking into account what matters.

18

00 03 29,262 --> 00 03 49,022

I don't take on problems that aren't mine, I don't hold on to things I can't control, and I don't try to...

To give solutions when I can't, when if I can't give solutions to myself, I understand myself, 19

00 03 49,022 --> 00 04 04,942

I understand myself, that is, I don't try not to take on burdens that don't belong to me because it causes me

I understand that it's overload and overstimulation, so I didn't understand it before, yes, but at the same time

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00 04 04,942 --> 00 04 21,990

In the end, I understood that it is better to do it as one thing at a time. to the next one.

TONY HERNANDEZ PUMAREJO

Exactly, take it one step at a time, which is what I always say in this

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00 04 21,990 --> 00 04 33,830

autism community, to parents, to autistic people, is autism one step at a time, in my definition. And talking a little bit, Tania, let's talk a little more about you, about your story,

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00 04 33,830 --> 00 04 46,950

Where you were born, where you grew up, how did your childhood start?

TANIA GARCIA

Look, at most, in Mexico,

In the state of, in a state in the north of Mexico, a lot of people can't pronounce it.

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00 04 46,950 -- > 00 04 57,790

but it's pronounced Coahuila. Ah, so I was born in Torreón, Coahuila in '91.

Now that I'm almost, almost about to turn 33.

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00 04 58,790 -- > 00 05 08,870

Hey, your childhood, I'd say that it was very run over for not knowing, for not having a diagnosis in that time.

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00 05 09,518 -- > 00 05 25,438

because of the lack of information in Mexico, because I think the issue is still in its infancy, a lot of Mexico and Latin America.

So, I was a very isolated child, she was a very quiet child, I didn't give problems.

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00 05 25,958 --> 00 05 36,238

I was the perfect girl that if you listen to me on such and such a thing, I'd stand there, I'd stand there

to vayas t'lado, to muevas, yo to movía.

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00 05 38,158 -- > 00 05 51,498

I had a favorite pillow, it was very difficult for me to put down the pacifier, the pacifier.

Now I understand that the pacifier was a very protective mechanism for me.

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00 05 54,898 -- > 00 06 05,638

I didn't eat many things to date as my menu is very limited.

And with those behaviors of not wanting to play, pretending play...

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00 06 06,126 -- > 00 06 17,646

Pretend play doesn't work for me to this day, I don't like that the dolls talked and my cousins

They wanted me to participate and I why am I going to talk to dolls and dolls don't talk and

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00 06 17,646 -- > 00 06 33,086

That's where all that came from: how you're bitter, how you're rude, how you're bloody, how you're weird,

You don't like to socialize, you fall fat, then they gave me all those labels, then it came

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00 06 33,086 -- > 00 06 39,910

School phobia, I didn't want to go to school.

It was literally having to drag me my poor mother to get me into school.

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00 06 39,910 -- > 00 06 49,390

It was those inconsolable cries that I now understand that the structure of a class but I couldn't deal with recess.

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00 06 50,590 --> 00 07 00,242

Hence, those events that schools do where you have to dance and festivals

Mom and all that stuff and for me it was a...

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00 07 00,622 --> 00 07 12,502

suffering, having to dance, having to show off, having to know that I was being seen

After that, my mom died when I was nine years old, so I left the family structure

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00 07 12,502 --> 00 07 25,382

that my mom had very well made for us because I have another sister who is older than me.

I think leaving all that structure exacerbated everything that was my autism, I chose mutism

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00 07 25,382 --> 00 07 34,774

I mean, I spoke in monosyllables after my mom died, I lasted a long time
The less I could speak or answer in monosyllables, the better it was for me.

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00 07 35,774 -- > 00 07 52,274

Hey, those irrational fears at night that I felt that I told them is that I don't want to fall
asleep, it's that I can't, it hurts.

If I fall asleep I feel like everything hurts, if I close my eyes I feel like I'm going to fall, if I
close my eyes I feel like I'm going to die.

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00 07 53,274 --> 00 08 10,214

And this is what I couldn't explain. And my fear of going to school anymore and my fear of
sleeping in certain places, of having the lights go out,
I suffered with certain noises, the loud music, the screams of my cousins, while they were
obviously playing.

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00 08 10,214 --> 00 08 21,214

So, I wore an orthopedic shoe because my feet were supposedly...
.. crooked, but now I understand that I was walking on tiptoe.

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00 08 21,214 --> 00 08 35,130

Then I couldn't walk well and they put me in orthopedic shoes.
And all these signs that maybe I was a very sickly child or I was a very delicate child

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00 08 35,130 -- > 00 08 49,230

Or they had me very spoiled but they were clear signs of autism and no one knew then all
this takes

It didn't feel until I was 29 years old when I started the diagnostic process with my
daughter but my daughter with two

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00 08 49,230 -- > 00 09 02,126

Years ago I saw a lot of her behavior of mine so I said that she is very similar to me
And we kind of excused ourselves for that for a few months before we turned two years old
that my wife said

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00 09 02,126 -- > 00 09 11,406

it's that she's very similar to you, she's another Tania, so leave her, she doesn't like people,
she doesn't like noises, she doesn't eat

And you say that's how you were, then it's... It's a replica of you

44

00 09 11,406 -- > 00 09 23,726

until the girl had a language regression and we said ah, she was already talking because
she stopped doing it

We took the route of devaluing what was going on, we got to autism and when her psychologist...

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00 09 24,494 -- > 00 09 33,014

thankfully, my daughter's psychologist is autistic.

Well, I clearly see these patterns that I had no idea about.

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00 09 33,014 -- > 00 09 43,854

And he said, well, I think the one that qualifies for an evaluation

It's you too. And I'm like, OK, come on. But I had no idea what he was talking about.

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00 09 43,854 -- > 00 09 51,574

When he gave me the diagnosis, my whole brain exploded,

Obviously not literally, to say rightly.

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00 09 52,430 --> 00 10 02,270

For this, for this, for this, and for this, all the little pieces of the domino or the puzzle,

It's like I didn't know I was missing that piece.

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00 10 02,950 -- > 00 10 11,310

I didn't know and there it was and I never had access to it and until now it arrives.

But it came when it had to come and thanks to the diagnosis,

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00 10 11,310 --> 00 10 18,630

I am the instruction manual for my daughter.

I'm already the reference and used it. I think I was able to rescue him.

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00 10 19,406 --> 00 10 31,606

That's mainly to say, well, I've already survived the difficulties, I'm learning

to deal with me in a better way from the diagnosis, but now what happened in the past

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00 10 31,606 -- > 00 10 41,246

I can't change it, but I can use it to say oh my girl needs the help and

I think I'm more prepared with the diagnosis to give it to them.

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00 10 41,246 --> 00 10 51,910

And that's how I decided to take it, there was no tragedy, there was no drama, there was...

Because for me there was none of that, it was, ok, I'm that reference and I'm the best

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00 10 52,110 -- > 00 11 03,670

And when I started learning about this I said,

I can't stay as a lost statistic, maybe you know more than I do

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00 11 03,870 --> 00 11 13,590

I'm sure of that, that there are statistics of autistic adults, I haven't found
Enough and the ones I've found, well, they've been counted and they're all going
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00 11 13,790 --> 00 11 29,022

aimed more at the... to the male gender because it is still believed that autism is more in
men

And I don't, I don't. So I said I don't want to be this lost statistic, I want to help
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00 11 29,022 --> 00 11 37,402

other people because it's so sad that a child is crying in the corner of a
classroom at school and they just tell you that you're a problem child, it's that you don't
know

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00 11 37,402 --> 00 11 52,102

It's that it's badly created, it's that it's chiple, it's that it doesn't want to coexist, it's that
It's a boy... My mother consented that they don't make him live together, they don't invite
him, they don't integrate him and that's what happened to me

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00 11 52,102 --> 00 12 04,622

A long time, that happened to me many times and I said well, if I can help my daughter, I
think

that I can help a community and since then I started working learning skills

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00 12 04,622 --> 00 12 20,806

To talk in a camera, taking courses because well, I, this do this I couldn't do this
I had done it until I was taught. It was like how I was doing it since 2021. From more or less
2021 until now.

61

00 12 21,006 --> 00 12 33,806

Yes. No, and your whole story, I mean, you knew early on that there's something different
inside of you.

But you didn't know exactly what it was.

TONY HERNANDEZ PUMAREJO

Exactly.

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00 12 34,006 --> 00 12 42,726

You faced different situations, one situation

Very difficult that no one doesn't want to go through, which is the death of your mother.

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00 12 43,598 --> 00 12 59,198

And in truth, those difficult situations, at such a young age, I can't imagine
how you dealt with it, how you were able to move forward in those difficult circumstances.

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00 12 59,398 --> 00 13 11,378

I want to quickly confirm, Tania, at what age was your daughter diagnosed with autism?

TANIA GARCIA

At the age of two, I was two.

TONY HERNANDEZ PUMAREJO

At two years and based on that diagnosis, well.

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00 13 11,918 --> 00 13 23,198

It came to confirmation, it's not a diagnosis, it's to confirmation of what she's been living through since you were a child with a signed diagnosis

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00 13 23,398 --> 00 13 34,518

29 years ago and your story is common within our community.

I mean, in my case, I can't connect exactly because in my case I was

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00 13 34,718 --> 00 13 45,902

Diagnosed at the age of three, I was diagnosed as a child, although

I was talking about early 90s. I was born at about the same age you were born.

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00 13 46,102 --> 00 13 58,542

And back then that's what autism, what people talked about autism, wasn't so much as it is today. In fact, there was a lot of information, I mean,

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00 13 58,742 --> 00 14 05,942

There were a lot of questions about what autism was.

I lived in my own remains, I spoke them in my story, in my book.

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00 14 06,142 --> 00 14 13,646

But. In other words, you are confronted and continue to be confronted with different challenges in your life as a person living, that is,

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00 14 13,646 --> 00 14 20,646

being autistic and raising and helping your autistic daughter.

And going into that detail that I want to ask you,

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00 14 20,646 --> 00 14 26,126

How has that experience of parenting, of helping your daughter been?

If you can talk about any of the challenges,

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00 14 26,126 --> 00 14 33,166

objects that she has, but also her hobby,

What has that process been like and what has helped you?

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00 14 36,398 --> 00 14 45,898

TANIA GARCIA

I don't like to romanticize it or say that my daughter was sent to me to learn lessons.
that my daughter was sent to me as a gift, not to my daughter.

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00 14 45,898 -- > 00 15 01,198

He's a human being who needs support, who has feelings, who needs to grow,
to be developed with the help of the specialists of my faith and of my application in its
development.

76

00 15 02,286 --> 00 15 26,806

To achieve that autonomy, to achieve things that make them stand on their own, because
it is the first fear of one as a father, who will pass on them if I am not there.

So, I was approached about autism and this hyperlogical thinking that I have and these
ways of seeing life between black and white, that is, it was like, ok, I already have it, what
do I have to do?

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00 15 27,086 --> 00 15 36,782

'Cause I can understand, that you confirm me,

You confirm it in it that I'm going to do what I have to do in that aspect I have no idea where
to start

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00 15 36,782 --> 00 15 55,502

And I found good people who helped me understand the beginning and take a direction
But this nobody tells you that when someone tells you it's not going to be easy

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00 15 55,502 --> 00 16 04,382

You can't imagine it's going to be so hard, there are very good days

Lousy, there are days when you say, how? Now, please, let the day end.

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00 16 04,382 --> 00 16 12,002

My little girl, as I said, had a regression, then she stopped talking.

Retrieving language has been very difficult, it has taken years.

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00 16 12,002 --> 00 16 25,422

Right now he's using an AAC device, he's in his speech therapy, occupational therapy,

he's in ABA, he's in music therapy, he's in gymnastics soon, he did swimming during the

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00 16 25,422 --> 00 16 54,534

summer. Obviously, complementing everything that is done outside, here at home we follow a routine, we have a calendar, we have a lot of sensory toys, he likes sensory toys a lot, he likes Disney movies a lot, but most of all it is singing the songs on the playlist And you say, in one case, he doesn't speak or doesn't have a fluent language because we've advanced a lot of language, but he sings

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00 16 55,502 --> 00 17 04,862

Maybe he doesn't pronounce it right but he sings and you say ok

It's very nice to see that they tell you that someone gives you a prediction that they won't

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00 17 04,862 --> 00 17 19,382

He's not going to be able to, no, you're not going to make it, it's going to be very difficult for him to talk, and the girl sings then

That's what I really like to see in her, she really likes her space, she likes that

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00 17 19,382 -> 00 17 29,446

valeria quieres hacer esto no no thank you valeria vamos a tal lado more time

I mean, she needs to ask for that. This one, do you want to eat?

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00 17 29,446 --> 00 17 35,406

No, thank you. No, gracias. O vete, let's go.

Come on. And he pushes me and pulls me out of the room.

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00 17 35,406 --> 00 17 42,966

It's like, OK, OK. It needs your time.

He's being his own advocate. She's doing it on her own, she's advocating for herself and

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00 17 42,966 --> 00 17 53,406

I like that a lot. But it was hard to get her used to certain textures in fabrics.

In other words, certain clothes didn't tolerate it.

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00 17 53,870 --> 00 18 08,190

And he went to buy clothes and return them because he said ok then no, I didn't get it right, you have to try something new.

So within autism what a lot of people get tired of, because maybe they don't have the awareness, is that everything is a lot of repetition.

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00 18 08,190 --> 00 18 23,390

It's very repetitive, it's over and over and over again until we get a pronunciation,

Let's achieve a skill, let's achieve a little step, maybe fasten the shoelaces, it's seven steps and but it takes months to complete the first one.

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00 18 23,950 --> 00 18 36,750

It took us a long time to go to the bathroom. I mean, it's been a very long process in that regard.

Those are the difficulties. In other words, their sensitivities.

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00 18 38,030 --> 00 18 47,590

It was a, it was a very nice thing when he was able to tolerate the stories.

Not up close, but if they're here on the block, if somebody thunders at them,

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00 18 47,590 --> 00 18 58,206

We are no longer buried in a bathroom. We're not there anymore.

He even goes out to look for the noise. He does see it as ok, I saw it, I know what it is, I'm in, but there aren't those crises anymore

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00 18 58,206 --> 00 19 12,686

was to get me to eat yogurt, recently my husband managed to get me to eat yogurt afterwards

months of trying, so, uh, it's, it's, it's been really hard, but it's not

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00 19 12,686 --> 00 19 22,286

It's impossible, you don't apply yourself when you educate yourself, when you search, when you ask, you can fall in the wrong

the people where you're insisting, but until you solve that doubt

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00 19 22,926 --> 00 19 32,046

It's so you can give better tools to that child, to that girl.

And in spite of all the difficulty, of all that, of the obstacles that have been,

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00 19 32,046 --> 00 19 43,806

I wouldn't change it for anything. She's a beautiful girl, she's a smart girl, she's a very good girl.

She is a very noble girl, and in the midst of difficulties she is a quiet girl.

98

00 19 43,806 --> 00 19 51,246

Happily, at last, he understood that he has had a sister for about a year.

So there has already been, there has already begun to be coexistence with his sister.

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00 19 51,886 --> 00 20 05,526

My daughter, who is older than her, is three years old. So, this, it's been a great journey.

It has been a great adventure with ups and downs, but it is more enjoyable to see it

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00 20 05,526 --> 00 20 20,046

to grow, to see those worthwhile advances.

TONY HERNANDEZ PUMAREJO

Exactly, you said it perfectly. It's a journey, a process, and it gave you a prognosis for your daughter.

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00 20 21,006 --> 00 20 29,046

And really, and the proof was only a prognosis.

The reality is that your daughter is moving forward thanks to you and you are

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00 20 29,246 --> 00 20 38,606

Moving forward, it's not just helping your daughter as last, but also to your other daughter being a wife, this one,

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00 20 38,806 --> 00 20 48,786

creating and maintaining a family that, and that's with the challenges that you have too, But with the things you've learned from life too.

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00 20 49,358 --> 00 21 02,838

being an autistic person. And something that fascinated me and that I loved a lot to hear was faith.

How faith has been the key in your life to be able to move forward.

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00 21 03,038 --> 00 21 11,638

And I wanted to ask you quickly how it is in terms of how to view faith

How important faith is in your life.

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00 21 14,254 --> 00 21 22,134

TANIA GARCIA

It's fundamental, if I couldn't I'm going to do this.

You have to hold on to something, you have to hold on.

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00 21 22,134 --> 00 21 26,534

And sometimes it's your husband, sometimes it's your mom

Sometimes it's your in-laws, sometimes it's your sister

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00 21 26,534 --> 00 21 33,614

Sometimes he's your cousin, sometimes he's your best friend.

But there's always something extra missing, at least in my case.

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00 21 33,614 --> 00 21 48,734

And the faith that at the time when my mother passed away, I didn't

Understood. To me... To play honestly telling me that God needed your mom and I but because if I needed her too, I mean, who is God?

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00 21 48,734 --> 00 22 11,214

And I questioned a lot of things. But as my adolescence progressed, my maturity, which only age gives you,
I understood that things happened for a reason and it doesn't depend on what happens, it depends on what you do with what happens.

111

00 22 12,174 --> 00 22 18,774

And when I also understood that you do what you can with what you have.
It's all that's all you can do.

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00 22 18,774 --> 00 22 31,254

In other words, you can't get rid of it for more because your resources don't exist.
And you get the creativity, the wittiness, the motivation to say,

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00 22 31,254 --> 00 22 40,414

Ok, this I have to accomplish. And that's what I did, I mean, buy books, get an education, whatever you want.

But knowing that all of that was headed for what.

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00 22 40,526 --> 00 22 49,566

To see my daughter well, to see my daughter, and it's not that it's bad, but to see her, to see her,

progress, that's what I mean, to see progress, to see it, because we're not looking for perfection.

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00 22 49,566 -- > 00 23 07,926

We look for those breakthroughs. But I understood that I couldn't do it alone, that faith, that

prayer, regardless of religion or beliefs,

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00 23 09,230 --> 00 23 18,750

Makes your burden lighter, I'm I'm I'm a I think I consider myself a person of

Faith: My husband is also a man of faith, my husband is a man who knows he believes in

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00 23 18,750 --> 00 23 33,430

God who knows that nothing is achieved without him, that nothing is achieved without him, supreme being

I repeat whatever you want to call it and for me it is to say ok today not today was not a

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00 23 33,430 --> 00 23 45,054

Good day but tomorrow for tomorrow if it will be tomorrow I have the opportunity to understand it again, sorry, to try again

And to bring it back to... And I think tomorrow it's going to come out.

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00 23 45,054 --> 00 23 56,494

What I tried to do today didn't work out, maybe tomorrow it will, but hand in hand with my faith,

To say that it doesn't matter that there's no evidence, it doesn't matter that I can't prove it to you

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00 23 56,494 --> 00 24 13,702

That I can't show you the proof that it exists, I think that's what makes it even more strong that belief. the faith of knowing that tomorrow or that something is happening to bring to a to a ground

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00 24 13,702 --> 00 24 26,422

safer if right now you feel wobbly and that safe ground is not far away and that's what you need to do.

It's kept me going and it's worked out for me it's something that my daughters also instill in me is we can't

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00 24 26,422 --> 00 24 35,142

Do nothing alone you can't believe you can do everything then we're fine and faith It's still there, I don't think, I'm not going to move from there until

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00 24 36,014 --> 00 24 45,854

Until now. Exactly. And faith is what's important. In other words, the The reality is that without God we are not here. I give him chai and I can tell him publicly

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00 24 45,854 --> 00 24 56,454

that if it wasn't for God, I wouldn't be here right now because there were moments in my life

where I was about to throw in the towel, right? That towel to laugh at, this

125

00 24 56,454 --> 00 25 14,870

Life is over and I saw it as a nightmare back then because that was my mind that I was no longer

I was tired of everyone and everything and everything. And faith is the most important thing and believing and having trust in God and having His will done in your life.

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00 25 15,070 --> 00 25 26,950

Also gratitude, gratitude, especially at the time of Christmas. Gratitude is very important, not just grateful for what we have,

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00 25 27,150 --> 00 25 39,054

but also of experiences, including also difficult experiences.

Because you know, you can talk about... of your history, your likelihood of that, because a lot of experiences that you faced

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00 25 39,254 --> 00 25 48,334

You were taught to be the person you are today.

Yes, when Valeria was diagnosed she was in a situation to start getting sick

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00 25 48,534 --> 00 25 58,614

undone, to my diagnosis saved my marriage, because there was no understanding,
Because my husband couldn't understand what I wanted, I didn't know what he wanted,
and it was

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00 25 58,814 --> 00 26 12,478

A coming and going, a coming and going. And when I was in that, like in that hole
And I fall to my knees and say God please now, you take care of it, what you want, but

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00 26 12,478 --> 00 26 23,878

you take care of it. I can't anymore, I was trying, I don't understand, I don't want to,
I'm tired of it, but I think I kind of talked to him about this honesty and this feeling

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00 26 23,878 --> 00 26 35,790

Well, well, this one, well, very sincere and nothing, a week.

The diagnosis arrives and I ok the diagnosis arrives and the girl don't wait too you and me

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00 26 35,790 --> 00 26 49,150

ahh and my husband also like ahh rightly it's like this right not tolerated with reason
doesn't resist with reason doesn't want to with reason doesn't go

No wonder he can't, rightly he refuses, I mean, there were a lot of answers

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00 26 49,150 --> 00 27 05,766

But long before that, my mom passed away, my dad was here in the United States to
support us

my sister and me, so I'm staying with my grandmother and my aunt's cloth,

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00 27 05,766 --> 00 27 18,246

my mom's older sister. Then these things started, as I tell you, they go bankrupt
my structure, I lose my family structure, I lose my house, I lose my bed, I lose my pillow

136

00 27 18,246 --> 00 27 31,550

Because I have to go live at my grandparents' house. And all of that, that processing of
I couldn't do it. I mean, I couldn't understand it, I couldn't assimilate it.

137

00 27 31,550 --> 00 27 37,830

My crises were more intense, my crying was more intense,
It was more intense and you don't know how to explain why.

138

00 27 37,830 --> 00 27 44,550

It's just that what do you have, I don't have anything. And why are you crying?
Well, I don't know, I feel like crying and you don't know how to explain.

139

00 27 44,550 --> 00 27 54,910

But that at the age of 11 I had ideas of hurting myself and I
If I had a written plan that was going to be, now it makes sense.

140

00 27 55,022 --> 00 28 23,462

I was fed up, I didn't know how to deal with myself, how to deal with others, how to deal
with my environment, with my environment, with my house, with my new house, which
wasn't my home, with my school, that I had to move to a new school.

It was so much that I saw it like that... At such a young age, because my mom died when I
was 9 years old, between 9 and 11 it was an idea, ideas, I think until I was 12.

141

00 28 23,822 --> 00 28 38,622

ideas, ideas, ideas and until I said ok, if God went to my mom and I went in
of me of that age, challenge God so to speak, say hey, but if you love me, keep me

142

00 28 38,622 --> 00 28 46,182

with my dad, I mean, if you love me, let my dad come for us, so he can
so that he can be with us because my dad is always responsible and we come

143

00 28 46,182 --> 00 28 59,566

to visit him on vacation but he can't take care of us because you know how to
He works in this country, especially the man working in construction because the
schedules were not for taking care of children, he didn't have the power to do that

144

00 29 00,726 --> 00 29 10,966

Then I start to say ok take us away, I mean if you love me, if you already hurt me by taking
my mom

Take me to my daddy, I want to go with my daddy

145

00 29 11,366 --> 00 29 22,686

And I started to kind of demand him because praying didn't know then it was like
Hey I'm waiting for you to see what time, I mean if I'm telling you that I want to leave,
because you don't put things where they should be and take me

146

00 29 23,790 --> 00 29 35,790

And yes, things happened in a period, maybe about three months, that I said my dad can
bring them now, they're going to come.

Oh, and then I think God started to love me back, He listened to me.

147

00 29 35,790 --> 00 29 46,790

And that's when it was like, okay, so if I ask him for something else, or if I ask for us to be okay, I'm going to live with my dad, and so, so, so.

And little things happened that I said, ok, I think it does exist, I think it does go that way.

148

00 29 46,790 --> 00 29 59,638

And that's when it fed my faith a little bit, and within my capabilities at that age.

But it goes through your mind, it goes through your mind to finish and it's more serious not knowing why.

149

00 29 59,638 --> 00 30 05,838

Or that you're misdiagnosed and you're told,

You're schizophrenic, you're bipolar, you're...

150

00 30 05,838 --> 00 30 15,238

This label that doesn't belong to you, they fill you with medications.

It's not bad to have medication, but it's bad when you don't get that medication because you're not properly diagnosed.

151

00 30 15,238 --> 00 30 31,246

And your neurological system is manipulated and worse things happen.

And that's another reality that many people ignore about the lack of an accurate diagnosis and the damage it can cause.

152

00 30 31,246 --> 00 30 51,606

And although I didn't get an early diagnosis, I think it's thanks to my autism and my interests

In what I like, in those obsessions that many people call them, that also kept me from getting into trouble.

153

00 30 51,982 --> 00 31 07,582

Because I was so focused on those things that I wasn't paying attention to a normal adolescence

And never any problems, it was very quiet but that little thing of saying I'm different, I'm different, I don't know why and maybe I don't deserve to be here

154

00 31 07,582 --> 00 31 19,182

Because I'm not like everyone else and it's sad and that happens, it happens, it happens a lot

No

TONY HERNANDEZ PUMAREJO

It happens and especially in our Hispanic community and there is a reality that I want to talk to you about

155

00 31 19,534 --> 00 31 33,534

Right now it's one of the challenges of how families and who are, who are living with autism,

Whether they are a family or autistic people, the challenges they face, but especially in our Hispanic world.

156

00 31 33,534 --> 00 31 42,534

You told how you were born, how you were created in Mexico, what I had to face.

And it is a situation that many face in our Latin American countries.

157

00 31 42,534 --> 00 31 56,254

even in the United States, the Hispanic community, depending, obviously, on where they are located.

They still face challenges, I mean, this one, of autism, stigma, denial, lack of resources.

158

00 31 56,254 --> 00 32 06,094

In other countries there may be laws that have autism, but it's one thing to have a law autism, an autism program and another thing is that simply the program. That is

159

00 32 06,094 --> 00 32 15,534

They are two different things. I can also say it from my experience, that is, I come from Puerto Rico, I have lived from the challenges that the autism community in Puerto Rico is experiencing.

160

00 32 16,078 --> 00 32 27,558

which unfortunately are very limited resources and even worse after 21 22 years old for autistic adults in Puerto Rico and I'm not

161

00 32 27,758 --> 00 32 38,878

proud to say, there is nothing in Puerto Rico, nothing.

And the population continues to grow. There are more diagnoses and I also wanted to ask you between these challenges.

162

00 32 39,078 --> 00 32 48,742

You know, I want to ask you what it is because so.

These challenges of our Hispanic community in relation to autism are still occurring.

163

00 32 48,742 --> 00 32 59,862

And if it's possible that you can also compare the supports that I had and your family has received

in the United States, find other countries, if there is more detail.

164

00 33 01,902 --> 00 33 17,182

TANIA GARCIA

I think it all falls into the in the ignorance still exists.

That's, I mean, America to. Maybe because the universities or the studies that have been done, well, there are more

165

00 33 17,182 --> 00 33 26,022

resources to do these scientific studies here and in Latin America.

I think that's why maybe the U.S. has a little bit more knowledge of the

166

00 33 26,022 --> 00 33 35,454

respect. There's more resources, there's more information, there's more.

There's a little bit more openness on this issue of disabilities or people with diversity

167

00 33 35,454 --> 00 33 50,374

functional. But I think it's also a cultural problem, the culture, the way they were

168

00 33 55,406 --> 00 34 03,846

Typical Men Don't Cry Men Don't Do Girls Do This Girls Do This

They follow such a protocol of conduct, children follow such a protocol of conduct, that's why it's

169

00 34 03,846 --> 00 34 13,846

easier to diagnose children good easy in quotes because the child is seen

In society like a child that jokes that jumps that falls that fights that holds the punches

170

00 34 13,846 --> 00 34 18,966

with another child playing wrestling with climbing on rooftops jumping off a roof

171

00 34 23,118 --> 00 34 33,678

who pretends to be playing war or playing the astronaut and who is the other

That's what's socially acceptable for a male

172

00 34 33,678 --> 00 34 45,758

Suddenly, you run into a man who doesn't go out, who doesn't talk, who doesn't want his interests to be to put together legos

that his interest is to learn the constellations the dinosaurs

173

00 34 45,758 --> 00 34 59,338

You say something's not right this kid ain't doing that

Instead, she's a girl who's shy, who's calm, who's quiet, who doesn't want to talk to anyone, who doesn't like people.

174

00 34 59,338 --> 00 35 11,938

Ah, she's shy. The girl is shy. She doesn't like people. That's quiet. That was me.

And for a few months that was my daughter. That is to say, she is also shy, she is quiet, she doesn't like it, she is very...

175

00 35 11,938 --> 00 35 27,038

She's a hermit, she's an introvert. And so it is. And no, I mean, women may show it differently.

Or it is more sociably acceptable for girls to isolate themselves than for boys to isolate themselves.

176

00 35 27,038 --> 00 35 41,878

I think it comes from that ideology still. We know that Latin America is very macho. Latin America has a lot of this ideology that we can't...

177

00 35 41,878 --> 00 35 57,494

It's harder to express feelings, it's harder to call it mental illness.

It's easier to tell yourself you're exaggerating, it's not true, no problem, it's all in your imagination, it's all in your head

178

00 35 57,494 --> 00 36 07,494

And I lived it with my husband, my husband told me, you know what, I think the girl should give her time

I think you're exaggerating when looking for an evaluation, I think it's not that big of a deal

179

00 36 07,494 --> 00 36 16,494

And I mean, if it's not that big of a deal for you, but something tells me that it is, then I'm going to look for an answer

180

00 36 17,678 --> 00 36 25,198

If you are not going to give it to someone, someone who sepa is going to give it to me

181

00 36 25,198 --> 00 36 32,918

So I think that's what a lot of people experience.

I think it comes from that fear of the unknown.

182

00 36 32,918 --> 00 36 46,598

What if yes, I won't know what to do? What if I do and what am I going to do?

What are people going to say? What are they going to say that I have a sick child?

183

00 36 47,662 --> 00 36 59,342

Because that term is very common. A malite nest, a disabled nest, or a silly nest. Because those words are not mine, but it is something that is heard and more so in our Hispanic culture.

I'm not proud to say it either. So you're afraid of judgment, you're afraid of not knowing You're afraid of what you don't know and prefer to ignore.

184

00 36 59,342 --> 00 37 12,382

It's already given, he's lazy to talk. When you believe, little by little it's going to animate. When he wants, that's okay. And since you don't, I mean, you're looking like this, you can hear it half,

185

00 37 12,382 --> 00 37 22,358

Like you're seeing and you don't see. Excuse the redundancy.

You're looking, and you're not, but you're not observing, you're hearing, but you're not listening, and

186

00 37 22,358 --> 00 37 38,278

And I think that denial lies in the fact that we don't want to jump that that east, that little step

To find out what's going on No no I couldn't tell you anything else

187

00 37 38,278 --> 00 37 51,310

But I'm telling you from what happened to me, from what I went through and I see what happens

still

TONY HERNANDEZ PUMAREJO

And I agree with what you've said, because that's a reality that's being lived

188

00 37 51,310 --> 00 38 06,190

especially in our Hispanic world. There has been progress in different areas, but there is still a lot to be done.

What do you think is needed to really close the gap in supports, services, and services?

189

00 38 06,190 -- > 00 38 13,110

for our Hispanic community in autism, in access to support, not only in the United States, but also in the United States.

United States, but also in different Latin American countries?

190

00 38 14,670 --> 00 38 26,190

TANIA GARCIA

I think we need more people like you and me, without presumption.

I think we need to expose it. May we not be afraid to say this is who I am.

191

00 38 26,190 --> 00 38 34,150

Because I'm telling you, statistics of adults and autistics, I mean, show them to me.

Where are they? That I don't see them, that I don't...

192

00 38 34,630 --> 00 38 50,170

That they haven't convinced me. Because we can say one out of every six children, sorry, four out of every ten children, Right now he is autistic. It's going to be autistic diagnosis and if I'm wrong in statistics, apologies but

193

00 38 50,170 --> 00 38 59,630

How many say no, so many, so many adults, I don't know x number of 100 are within the spectrum you don't see them so it's like

194

00 38 59,630 --> 00 39 13,458

Here we are, here we walk like we have done, don't ask me, but help but With us, use us, I don't know, legislators, authorities, government, whatever you want to call it

195

00 39 14,510 --> 00 39 28,210

Pay attention to us, we are here because we want those children who come after us not to suffer the same as us.

Don't go through the same thing, that this is real, that the child doesn't stop being autistic when he turns 18.

196

00 39 28,210 --> 00 39 41,910

Because you have that ideology. Oh, he's an adult yet? Seriously? Well, yes, I mean, I was born with that, it's not going to be taken away from me.

And I'm going to be old. And the community is autistic within the... Inside the...

197

00 39 41,910 -- > 00 39 57,190

when they become elderly. They're going to make another problem, we're going to need other resources and we're already seeing autistic people who are older adults, who are confined in an institution because they say they are bipolar,

198

00 39 57,190 -- > 00 40 09,910

he's got mental problems, he's got Alzheimer's, he's got dementia, he's got such-and-such, he's got schizophrenia

And no, maybe that person doesn't have it as such because the person is autistic and in

199

00 40 09,910 -- > 00 40 15,862

His life he learned social skills, in his life he learned social skills...

to recognize their sensory difficulties

200

00 40 15,862 --> 00 40 24,662

And he's being held in an institution because no one knows how to deal with that person

And it's and here we go, I'm going, I tell you I'm almost 33

201

00 40 24,662 --> 00 40 33,862

mi is tiene 5 pero mi is va a crecer, mi is se va
with God's favor that she becomes an adult and hopefully my little girl will become an old
woman

202

00 40 33,862 --> 00 40 45,342

What's next? because as you say, at 21, 22 in Puerto Rico there is nothing
at 18 in Mexico there is nothing anymore either, and what there is is very expensive.

203

00 40 45,342 --> 00 40 54,942

And what's there they still give you the service as if they're doing a charity work for you.
I mean, they're not you, they don't have that conviction and that training or training to say,

204

00 40 54,942 --> 00 41 02,422

I'm going to deal with neurodivergent people.

Even the name still, this word is very new.

205

00 41 02,422 --> 00 41 12,022

So, I think we need us autistic adults to raise our hand and say,
Here we are, we have nowhere to go. We're going to share the same world.

206

00 41 12,750 --> 00 41 22,630

How can we find that balance for you to function and give me the opportunity
It also works because sometimes I think it disables you in the social structure not

207

00 41 22,630 --> 00 41 32,890

The condition is disabled if you don't put ramps on a person in a wheelchair, then
Well, yes, it's going to be very limited, it's going to be very, very difficult for it to work
instead

208

00 41 32,890 --> 00 41 36,830

You put ramps ah because you can go buy tortillas ah you can go buy your star

209

00 41 41,614 --> 00 42 10,290

I think we have, that's why when I tell you the diagnosis comes to me, I assimilate all this, I
start devouring information about autism, I say I can't stay here, hidden, I can't, it wouldn't
be fair because I wouldn't want someone to be educated about it and not help my
daughter, or help my parents, Or I'll help my cousins, or I'll help my nephew, whatever you
want.

So I think that's where your work falls, which is a very beautiful work and I think I share it
and...

210

00 42 10,926 --> 00 42 29,886

And look for what to look for to be seen basically

TONY HERNANDEZ PUMAREJO

Education is key, talk, share

Stories Talking About Autism Everyday Living in Autism and How We Can Help

211

00 42 29,886 --> 00 42 45,494

to families and autistic adults in all with the resources and supports they need of autism diagnosis. I've always believed and I'm firm

212

00 42 45,694 --> 00 42 56,094

Every autistic person, no matter what level they are, you can achieve that better quality of life, which is the most important thing and also give you

213

00 42 56,294 --> 00 43 06,094

resources and supports for families and also this going beyond the issues that, as you know very well, that still unfortunately,

214

00 43 08,846 -- > 00 43 19,526

You have to know, sometimes, because you know this very well, different debates about autism.

If language, use therapy, that autism is different.

215

00 43 19,726 --> 00 43 32,886

And you're not autistic. I think the same thing has happened to you.

To go beyond those debates in our house to then go out into society and talk about these issues.

216

00 43 33,086 --> 00 43 56,470

And look, create those props. What do you think?

TANIA GARCIA

It's very complex to educate, that is, it's very complex when you don't have the openness of the person because I'm telling you, you spend your time in the family. For me, to educate my parents, my parents-in-law, my uncles, my cousins, my siblings

217

00 43 56,470 --> 00 44 08,190

It's been difficult because maybe you can't be seen, you can't be seen, because you're not going to be seen, I don't

You look, you're not going to see me. But I think we can get started, at least I...

218

00 44 08,430 --> 00 44 18,430

I in my... Of... In my case... You start at home.

I mean, you know what? Someone comes to my house, rarely but someone comes and I say

219

00 44 18,430 --> 00 44 26,430

You know what? You can play anything you want in my house.

I wouldn't be from my little girl's toys. I beg you, I implore you, don't touch her, don't look at her.

220

00 44 26,430 --> 00 44 34,430

From then on, you're at home. Ah, why?

Because she has an order in her things. And if you respect him...

221

00 44 36,302 --> 00 44 48,102

She's going to be calm and you're going to be calm and I'm going to be calm and we have a good time

Maybe we'll go out somewhere and sometimes my dad accompanies me and as you do with malaria

222

00 44 48,102 --> 00 45 03,142

You help me with my other girls but I'm left with malaria and Valeria doesn't like it

Combing her is very difficult, so I comb her when it's time to give her the bath, then I don't do it.

223

00 45 03,142 --> 00 45 11,326

touches your hair again because you don't like it to touch your hair

She combs her if she is to say, hey, she also deserves her limits, and if her limit is not wanting her to be

224

00 45 11,326 --> 00 45 27,766

I combed it, because I don't comb it, I only make sure that its hygiene, its personal care and that was it

Oh, she doesn't comb her hair, it's just that she's always shaggy, it's just that when you go to put her hair up, she's not going to

225

00 45 27,766 --> 00 45 31,366

It's just that the idea isn't going to happen, I'm not going to do it.

226

00 45 34,958 --> 00 45 49,758

It's complex... How do you say it? It's complex to try to change that ideology.

because they don't live it anymore. They don't live it. They're not connected with saying,

227

00 45 49,758 --> 00 45 59,118

There I have some experience with this condition.

No. But... From the moment you start living it

228

00 45 59,118 -- > 00 46 07,502

And if you set out to be an agent of change, that is...

You go to a store and you see a child crying, you don't say oh what a badly created child
229

00 46 07,502 --> 00 46 15,922

Oh what a fastidious little boy, oh what a screaming boy, unless in my case to say that
such

If that child is neurodivergent, the mom is having a very difficult time right now trying to
230

00 46 15,922 --> 00 46 35,998

To calm that child down and give him the space, you don't judge anymore you don't judge
anymore

Of negative huh is trying to make a small difference on social networks like I do
231

00 46 35,998 -- > 00 46 45,158

And to show the world that the condition is, that is a condition of life.

We're not badly made, we don't come defective, we don't come efficient,
232

00 46 45,158 --> 00 46 55,918

We just bring in a different software maybe and we can apply it.

We just need to understand that everyone learns differently.
233

00 46 55,918 --> 00 47 07,350

And in the case of the autistic person, it is perhaps more laborious to find a way to learn.
It is more laborious to find the method, to form a structure,

234

00 47 07,350 --> 00 47 17,390

develop those mechanisms. It's very laborious, but it's possible.

So, I at least sometimes what I do at my daughter's school,
235

00 47 17,390 --> 00 47 35,694

The biggest one, who is in third grade, is talking to her teacher.

Teacher, if you know a child. Or if you've got a child here on the spectrum, I'm on the
spectrum, if you think that mom needs support, that mom needs guidance,

236

00 47 35,694 -- > 00 47 53,694

If you are like a school, do you think that I can contribute something with my diagnosis,
here you can contact me,

And they've talked to me once or twice, to say that we have this case and the mom doesn't
know where to turn, what did you do, ok mom, I'll help her, I try to be there,

237

00 47 53,694 --> 00 48 08,774

And that... That guide that at least I didn't have because it was very difficult for me to go
ask questions or talk to people.

And I learned from the specialists and people who helped me, but I learned a lot more from the books.

238

00 48 08,774 --> 00 48 21,374

Because it's my safe place. Learning from, the less I have to talk to people, the better. Or a lot, or a lot of written communication, it's much more comfortable for me to communicate in writing.

239

00 48 23,502 --> 00 48 36,902

But it's making a difference, maybe starting with you, your home, and your community. And I think that the support that the government can give or is willing to give depends...

240

00 48 36,902 --> 00 48 50,262

It sounds bad, mind you, but sometimes a worker or someone within the government, inside

of this political structure that governs the country and other countries, the person who is engaged in

241

00 48 50,262 --> 00 49 03,902

to promote laws, to promote aid, and so on. To raise awareness about this is because it's happening to you, it's because you have a child with the diagnosis,

It's because he's got a little nephew, it's because he's got a grandchild and it shouldn't be that way until you

242

00 49 03,902 --> 00 49 15,822

Wait until it happens to you, you understand? At least I charge it to those politicians who are solely responsible for

It is to help the population, the population in employment, in health, in disability.

243

00 49 16,590 --> 00 49 24,750

in aid to the elderly, all these programs, but it should not be that, ah,

No, it's just that I'm going to pay more attention to that cause because it's the one that identifies me.

244

00 49 24,950 --> 00 49 37,670

Well, no, because you have a whole generalized population that needs you in different areas.

So it's complex, but I think we can start little by little because of the immediate environment that surrounds us.

245

00 49 37,870 --> 00 49 52,014

TONY HERNANDEZ PUMAREJO

Exactly. And autism. And I agree with what you say, because I, I autism.

It's a social issue, and society has one, I see it as a social responsibility

246

00 49 52,014 -- > 00 50 03,694

Because autistic people are beings who come here to contribute, to make that difference
And we have done it, but there are many who have not had that opportunity and who have
not been able to do so.

247

00 50 03,694 -- > 00 50 12,334

given the opportunity to be able to move forward.

Exactly. And what's important here is education, resources, support throughout society

248

00 50 12,334 --> 00 50 22,854

to be able to help these human beings. to be able to make a difference and live the best
quality of life possible.

And concluding this interview, Tania, and again,

249

00 50 23,054 --> 00 50 31,614

Your story, your perspective has been unique, of great value.

I know that this whole interview is going to be of great blessing;

250

00 50 31,814 --> 00 50 39,054

especially for families in our Hispanic community who have loved ones

Autistic. But before I conclude, I want to ask you,

251

00 50 39,254 --> 00 50 47,358

You know, if you have any final message for our society.

for our autism amenities, especially in our Hispanic amenities.

252

00 50 49,646 -- > 00 51 01,166

TANIA GARCIA

Openness to educating yourself, it's not a bad thing to admit that you don't know.

It's bad to know that you don't know and stay that way, I think.

253

00 51 01,726 --> 00 51 14,606

I always say it and it's not my phrase, somewhere on the internet I looked at it

And I really liked the phrase. I listened to it in English, but in Spanish I think it's just as
beautiful.

254

00 51 14,606 --> 00 51 24,742

Autism is not the tragedy, the tragedy is the ignorance.

That's the main obstacle. 'Cause they say, what's going to happen to my child,

255

00 51 25,582 --> 00 51 32,102

What am I going to do, if I'm not here, well, educate yourself.

The more you educate yourself, the less fear you'll have.

256

00 51 32,182 --> 00 51 37,822

Why? Because by educating yourself, you learn to observe it, you learn to assimilate, to understand their behavior,

257

00 51 37,902 --> 00 51 46,182

to understand patterns, to develop this sequence of events that lead you to a crisis or this sequence of events that lead you to reassure him.

258

00 51 46,510 -- > 00 51 55,810

or this sequence of events that lead you to finish a task, finish an activity, etc.

The more you duke, the more tools you'll have.

259

00 51 56,850 --> 00 52 10,870

And people lack humility in that aspect that we often refuse to admit that we don't know everything.

And that's the definition of humility, knowing that you don't know everything.

260

00 52 11,110 --> 00 52 20,414

And to be ab... And from... Ok, I don't know, I'm not an expert and we're all ignorant about something.

We're all ignorant about something and that's not wrong, that just makes you human.

261

00 52 21,414 --> 00 52 31,574

So moms and dads, yes you're going to be scared, very scared,

If you are going to love the world, if you are going to suffer, if you are going to cry, I live.

262

00 52 32,094 --> 00 52 39,534

Because your emotions are also worth it as a caregiver,

Like this new role that you don't know, that gives it to you automatically as soon as it comes to you

263

00 52 39,534 --> 00 52 50,974

The diagnosis is the role that automatically comes to the father, the mother, that of caregiver.

And you have no idea where to start, it's okay not to know, but it's worse to stay without knowing.

264

00 52 50,974 -- > 00 53 05,494

So, that's my advice, education, fight ignorance with knowledge and knowledge from autistic people, from your therapists, from the doctors who are in charge of the treatment

265

00 53 05,494 --> 00 53 18,230

of your child, and understand that all branches of science can be experts in their niche, But you as a mom, as a dad... Or as an autistic adult, you're the expert on the condition.
266

00 53 18,730 --> 00 53 24,950

You are the expert in what you are experiencing.

No two autisms are the same. So, the doctor can tell you, it's that everything comes back to specialist.

267

00 53 24,950 --> 00 53 30,630

the psychologist, who is treating you. It's that you feel that way because this happens to you.

It's not that I feel that way because such a thing happens to me.

268

00 53 31,310 --> 00 53 39,070

You're a little confused, but okay, I'm coming here for us to get there

to an agreement and tell me how to deal with this, that you believe and be able to

269

00 53 39,230 --> 00 53 50,494

overcoming such an obstacle. Same with children.

The specialist will be... He is an expert in his field and the mother is an expert in that child because no one else lives with that child more than the parents.

270

00 53 51,294 --> 00 54 00,334

So they should have the openness to learn and when people learn very nice things, things happen and things are achieved in a small step.

But a small step forward is a small step forward.

271

00 54 00,454 --> 00 54 13,094

No one takes it away from you and it's all worth it.

Much, much worth it. That's just the way it is. What you said is just as spectacular and I agree with it a thousand percent.

272

00 54 13,262 --> 00 54 25,022

TONY HERNANDEZ PUMAREJO

The key is to be persistent, to educate yourself. That's the key to success and being able to be

access into this thing called life. Tania, how can you find yourself on social media?

273

00 54 25,222 --> 00 54 33,142

Do you have a website?

TANIA GARCIA

Web page as such no.

Maybe I'll bother you with me guiding me through that.

274

00 54 33,342 --> 00 54 40,690

TONY HERNANDEZ PUMAREJO

Well, of course not, but you have your social media.

TANIA GARCIA

Yes, all my networks. I mean, I have from Instagram, Facebook, Pretz.

275

00 54 41,230 --> 00 54 52,790

And the and youtube that youtube I don't use but I think I have to start using it

But they're all like 07 Tania Garcia That's my That's my username

276

00 54 52,790 --> 00 54 59,470

I was able to get that user all over so I don't have to go bouncing between one and the other.

Another then 07 Tania García There They Can Tell Me

277

00 54 59,470 --> 00 55 18,030

find and it actually catches my attention because I'm also Hernandez

TONY HERNANDEZ PUMAREJO

Like this?

TANIA GARCIA

I don't use it because well here they take it away from me but I'm Tania, Tania, in fact Tania Elisa

278

00 55 18,030 --> 00 55 25,830

Garcia Hernandez, that's my full name.

TONY HERNANDEZ PUMAREJO

And my name is Antonio Gabriel Hernández Pumarejo, I have both surnames because I recognize

279

00 55 25,830 --> 00 55 33,350

To my mom and dad, that's how I recognize it.

TANIA GARCIA

Yes, when I arrived here, I arrived very young, so they began to take away Hernández's

280

00 55 33,350 --> 00 55 47,778

And I accepted it and then it became more accustomed but I said, I should have stayed with the

two, I should have been... They are, I don't deny them, but grammatically it's very long.
Yes, yes.

TONY HERNANDEZ PUMAREJO

I put it that way because there are so many

281

00 55 47,778 --> 00 56 00,378

Tony Hernandez out there and I do it to differentiate myself.

TANIA GARCIA

Oh, ok, ok, ok. Sí, ese pasa,

Hernandez is very common, Garcia too.

TONY HERNANDEZ PUMAREJO

Exactly. Also, because of that. Well, really,

282

00 56 00,378 --> 00 56 12,462

Tania, your story has been beautiful, it's a unique story of inspiration.

I thank you very much for always welcoming here to My Time.

283

00 56 12,662 --> 00 56 21,902

I'm going to post the links to your social media when we publish the episode.

So always at the command and thank you always for what you do for our

284

00 56 22,102 --> 00 56 31,742

neurodivergent autism community and I thank you for

participated in this My Time interview with Tony Hernández Pumarejo and many others.

285

00 56 31,942 --> 00 56 39,382

Blessings to you, to your daughters, to your family.

Always.

TANIA GARCIA

Thank you very, very much and thank you for the space.

286

00 56 39,382 --> 00 56 48,462

If anyone finds this talk useful, I just ask them to share and share

Help us help, help us make this bigger because

287

00 56 48,462 --> 00 56 57,182

There is still a lot to be done and little by little we are also moving forward and

We make a positive difference in other families in need.

288

00 56 57,182 --> 00 57 07,474

TONY HERNANDEZ PUMAREJO

Perfect. Thank you, Tania, for participating. Have a nice day.

TANIA GARCIA

Thank you, just like you.

CONCLUSION

Well, this is the end of another episode of Mi Tiempo with Tony Hernández Pumarejo.

289

00 57 07,474 --> 00 57 21,514

Tony hopes they liked it. If you'd like to learn more about the work Tony does, subscribe to their social networks. Facebook, Instagram, YouTube, Twitter, which is now X, and your link page.

290

00 57 21,514 --> 00 57 29,794

You can also follow Tony on his website at tonyhernandezpumarejo.com

Also, if you're interested in getting a copy of his book,

291

00 57 29,934 --> 00 57 36,074

an autistic life without a script, you can buy it on Amazon or on any bookselling platform.

292

00 57 36,074 --> 00 57 42,774

Or you can get a copy through their website.

So, see you next time you find us!

293

00 57 42,774 --> 00 57 46,714

Thank you and have a wonderful day. Blessings.