

Research shows that autistic people have challenges in participating in fundamental life activities, such as finding a job or study. However, less is known about what activities autistic adults actually do with their life, and whether participation rates change over time or by gender. Participants in this study were 2449 autistic adults who were recruited from the Netherlands Autism Register (NAR). Participants indicated at eight annual time points what daily activities they were participating in from a list of 18 different activities. Results suggest that autistic adults participated most in vocational activities, like paid employment, and that the proportion of people taking part in these activities did not change over time. In contrast, non-vocational activities such as hobbies or homemaking did change over time. Participation in the labor force was significantly lower than the general population at each time point. However, unemployment was higher, but not for each time point. Female participants were more likely to be overrepresented in unpaid daily activities like volunteer work and were underrepresented in employment. This study gives a better idea about the activities autistic adults are engaged with, which may help better understand where support may be best placed. For example, support autistic women in accessing the labor force.