

# Adults with Autism Resources

## Reasons an adult might seek out an ASD diagnosis

- To be eligible for support, services, and protection under the Americans with Disabilities Act (ADA)
- Right to accommodations at work and school
- State-provided vocational support services
  - This can include rehabilitation programs that provide counseling and job placement services for people with autism
- Help answer questions you may have had about yourself and your behavior for many years
- Help you focus on your strengths and work around your challenges
- You need a specific type of therapy or other service that is only offered to those with a current autism diagnosis
- Your source of funding for services
- To improve family relationships

# Furthering higher education with ASD

- Action items if you do want to attend college:
  - Be in communication with the guidance counselor
  - Attend college fairs and ask about their disability support programs
  - Consult local autism organizations
  - Arrange visits to any potential schools to meet with the Disability Support Center
  - Select schools that have the support and services available for you to have the most successful and rewarding experience possible
- Examples of accommodations that colleges may offer:
  - Extended time on tests
  - Distraction-reduced environment for exams
  - Note-takers for lectures
  - Access to certain assistive technology
  - Housing accommodations

# Resources for people aged 18-24 years old with ASD

- General Websites:

- <https://www.autismspeaks.org/workplace-inclusion-now-job-seekers>
- <https://www.autismspeaks.org/tool-kit-excerpt/putting-pieces-together-options-housing-models-residential-supports>
- <https://www.autismspeaks.org/blog/changing-spectrum-autism-workplace>

- Work/Internship sites and help

- <https://iacc.hhs.gov/resources/employment/websites/>
- <https://www.wrp.gov/wrp>
- <https://www.aaas.org/programs/entry-point>
- <https://www.cilncf.org/>
- <https://careersourceflorida.com/>
- <https://www.rehabworks.org/>

# Steps to employment for an adult with ASD

- 1) Get to know yourself
  - Learn about your personal goals, strengths, values
- 2) Consider the type of job you want, and where you want it located
- 3) Reflect on past careers or prior experiences
- 4) Create a resume
- 5) Conduct a practice interview with friends or family, to gain skills and knowledge
- 6) Begin searching and applying for a position of interest
- 7) Complete the application if appropriate, and submit all necessary requirements (Ex: cover letter or resume)
- 8) Attend the job interview
- 9) Keep trying and applying!
  - If you don't get the first job it's okay.  
There is a place for everyone!

