



Your Autism Resource Guide: NAVIGATING SERVICES AND SUPPORT WITH CONFIDENCE

Kassandra Alvarez



www.promptpathconsulting.com

This list is a continuation of the list of resources that are in my book, Guiding Light.

These resources

Whether you're looking for employment support, housing options, or legal guidance, having the right resources at your fingertips makes all the difference. This guide is designed to give you a clearer path forward as you navigate the unique challenges of supporting a loved one with autism. Let's dive in.

www.promptpathconsulting.com



Education and Training

Vocational Rehabilitation Services:

In many states, vocational rehabilitation (VR) services are available to help individuals with disabilities, including autism, prepare for and maintain employment. These services often cover job coaching, resume building, interview preparation, and more. Find out more through your state's Department of Rehabilitation Services or check out this resource: [Explore Vocational Rehabilitation Services](#).

Transition Programs:

Programs like [Think College](#) offer excellent resources for postsecondary education options specifically designed for individuals with intellectual and developmental disabilities. Whether your child is considering college or vocational training, these programs provide valuable pathways. Also, check out the [Postsecondary Educational Opportunities Guide](#) by Autism Speaks for a comprehensive list of college programs tailored for students with autism.

Employment Support

Job Placement Services:

[Project SEARCH](#) is a fantastic resource that provides real-world training and employment opportunities for young adults with developmental disabilities. They partner with businesses to offer internships that help young people transition into the workforce.

Autism Speaks Employment Tool Kit:

Autism Speaks offers an Employment Tool Kit filled with practical advice on finding and securing a job. This tool kit covers essential topics like disclosing a diagnosis and managing relationships in the workplace.

Job Accommodation Network (JAN):

When it comes to understanding workplace accommodations, [JAN](#) is a go-to resource. Their free, confidential guidance helps both employees and employers find solutions that allow individuals with disabilities to thrive at work.

Independent Living

Housing and Urban Development (HUD) Programs:

Affordable and accessible housing is crucial for independent living. HUD provides resources for individuals with disabilities, including autism, who are looking for housing solutions. Visit HUD's website to explore housing options in your area.

Independent Living Centers:

Independent Living Centers (ILCs) offer services such as life skills training, peer counseling, and advocacy to support those aiming for more independent lifestyles. You can locate a nearby ILC through the [National Council on Independent Living \(NCIL\)](#).

Social and Community Support

Social Skills Training Programs:

Programs like PEERS (Program for the Education and Enrichment of Relational Skills) provide evidence-based social skills training tailored for young adults with autism. These programs can help build meaningful connections and foster communication skills.

Support Groups:

Building a supportive community can make a world of difference. Organizations like the [Autism Society](#) and your local autism groups often run support groups where families and individuals with autism can share their experiences and offer advice.

Financial and Legal Resources

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI):

Navigating financial support can be tricky, but SSI and SSDI programs offer essential assistance for individuals with disabilities.

The Social Security Administration provides details on eligibility and how to apply.

ABLE Accounts:

With [ABLE Accounts](#), individuals with disabilities can save money for disability-related expenses without affecting their SSI or Medicaid eligibility. It's an invaluable tool for long-term financial planning.

Guardianship and Alternatives:

Legal guardianship is a significant decision for families, and exploring alternatives like supported decision-making can offer greater independence for your loved one. Learn more about these options through [The Arc's Future Planning](#).

Healthcare and Mental Health Services

Centers for Autism and Related Disorders (CARD):

[CARD](#) offers comprehensive services, including ABA therapy, social skills training, and family support. Their nationwide network provides tailored services to meet individual needs.

Mental Health Services:

Access to mental health support is crucial for managing challenges like anxiety and depression that may accompany autism. The National Alliance on Mental Illness (NAMI) is a great starting point for finding mental health services and support in your area.

Online Resources and Tools

Autism Speaks Transition Tool Kit:

The Autism Speaks Transition Tool Kit offers guidance on navigating the shift from adolescence to adulthood. From employment and education to housing, this tool kit provides a roadmap for young adults with autism and their families.

OAR's "Life Journey Through Autism" Series:

The Organization for Autism Research (OAR) has created a "Life Journey Through Autism" series designed to help families understand and navigate the challenges of transitioning to adulthood with autism.

www.promptpathconsulting.com



Interactive Autism Network (IAN):

[IAN](#) offers research-based information, personal stories, and tools that support individuals with autism and their families throughout the lifespan.

Advocacy and Legal Rights

Legal guardianship is a significant decision for families, and exploring alternatives like supported decision-making can offer greater independence for your loved one. Learn more about these options through The Arc's Future Planning.

Healthcare and Mental Health Services

Disability Rights Organizations:

Advocacy is critical in ensuring that individuals with autism receive fair treatment and access to services. Organizations like the [Disability Rights Education and Defense Fund \(DREDF\)](#) offer legal resources and support for disability rights advocacy.

Americans with Disabilities Act (ADA):

Understanding the protections provided by the ADA can empower individuals with autism to advocate for themselves in education, employment, and beyond. Check out the [ADA National Network](#) for comprehensive information on your rights under the ADA.

This guide is meant to be a starting point. Each resource offers unique insights and support to help you navigate the challenges and opportunities that come with caring for a loved one with autism. Remember, you are not alone, and these resources are here to support you and your family on this journey.