

Conclusion

As you can see after reading this kit, there are many factors that go into making the transition to adulthood as effective and successful as possible for a young adult with autism. We hope the information in this kit will help you during this critical time in your adolescent's life. Be sure to check the timeline we have provided for the transition process in your specific state, and use it as a guide to help you navigate this process.

We hope that this kit has served its purpose in helping you and your young adult with autism travel the road to a happy and fulfilling adult life! We welcome any feedback or input that you would like to provide in order to make this kit as helpful as possible – please email us at transitiontoolkit@autismspeaks.org.

The Autism Speaks Autism Response Team is here to help provide you with any additional resources and supports you may need during the transition process. Feel free to reach out any time by phone at 888-288-4762 (en Español 888-772-9050) or email at familyservices@autismspeaks.org.

We wish you and your family all the best on this exciting journey into adulthood!



There are several main conclusions we want you to take away from the Autism Speaks Transition Tool Kit:

Every individual with autism is different, so each will require different supports and services throughout the transition process.

It is so important to start early, evaluate your child's likes and dislikes, strengths and challenges, and make a plan to help create as independent and enjoyable of a life as possible for him or her.

Remember to involve your young adult in the journey to adulthood as best you can. In order to one day live an independent life, an individual with autism must have as much of a say as possible in decisions made regarding his or her future.

It is critical to teach young adults with autism how to advocate for themselves and ensure that they know how to get not just the services they might need, but the services they want as well.

Start teaching independent living skills at a young age and gradually build upon them. These skills may take time for your child to learn, but continue to motivate and support him or her until important life skills like hygiene are learned and understood. Don't be afraid to start small.

This process will take time, but if you start early and take the right steps, you will be able to successfully lay the foundation for the future of your young adult with autism.

The future may seem uncertain and scary right now, but taking the proper steps during the transition to adulthood will help ease these fears.