

Preparing for Adulthood



As adolescents transition to adulthood, plans should already begin about where and with whom the individual will live, how they will support themselves and navigate their community, how they will obtain medical and dental care, and how they will sustain a rewarding circle of social involvements and activities. Have you considered transportation, or driving? Communication and advocacy? Voting? Sexual

relationships and safety? Working or going to college? How can you support the young adult in your life to optimize their independence and personal satisfaction?

The [Center on Secondary Education for Students with Autism Spectrum Disorder](#) provides resources based in research to guide individuals and families through many of these considerations. The center's resources include helpful background information as well as steps to developing independence over time through responsibilities and activities of daily living ([getting a driver's license](#), [money management](#), [daily living skills](#), [self-determination](#)). Their "Peer to Peer resources" provide a unique perspective for adolescents with ASD on topics including [Healthy Dating Relationships](#), [Planning for Life after High School](#), and [Finding and Applying for jobs](#), among others. Resources are linked to evidence based practices useful in addressing specific goals as well as training modules in implementing the evidence based practices, through [AFIRM](#), as well as other evidence based resources. See the [CAPTAIN](#) website for additional current information on the role of evidence based practices in supporting lifelong outcomes for individuals with Autism and Developmental Disabilities.

Preparing for life after high school takes some time and foresight. The best time to plan is before your family member leaves the structured and supportive environment of the high school setting and is left without supports to navigate these new responsibilities. Lanterman Regional Center is here to support you and your family members with resources to help. [Education and training](#) resources on a variety of important topics are available on the Lanterman.org website and through our ARCA Learn platform. Information and services to support [self-determination](#), [employment and day services](#), [diverse living options](#), and [self-advocacy](#), including [purchase of services standards](#) can be reviewed to help link your family to the supports FDLRC offers. The Koch-Young Resource Center coordinates [parent and client support groups](#) for additional discussion and collaboration with others in your community that are confronting similar questions and concerns.

Discuss your family member's needs for support in the area of independence, health, vocational training, and socialization tailored to their individual strengths and desires with your Regional Center SC, your child's school, and/or your behavior health treatment provider. Preparation and practice during adolescence will improve outcomes and support a fuller level of participation in family and community activities into adulthood.

