Autism Journey Blueprint®
A visual foundation on best practices for your child

**Teens**

**School**
By age 16 (14 in some states), all children with an IEP must have a Transition IEP to address skills, jobs, college and their future life plans.
Adolescents require different tests than younger children.

**Medical/Health**
The GFCFSF Diet and Biomedical treatments work regardless of age but starting them with a teen can present different challenges.
Keep your child active and engaged with extracurricular activities.

**Skills**
Social Skills and Life Skills must be taught to teens with ASD.
Volunteering and Chores are a great way to teach skills.
Safety is also a key skill that must be addressed with teens.

**Puberty**
Puberty can bring many changes to a child and family.
Anxiety, hormonal and body changes, aggression, self-esteem, self-advocacy, sexuality and seizures are all common issues in puberty.

**College and Employment**
There are many college programs available for kids with ASD allowing for appropriate accommodations.
Vocational Rehabilitation is a national program to help test, train and pay for college and supported employment.

**Other**
Siblings cannot be forgotten and can be very beneficial in teen years.
Driving evaluations and lessons can make or break this step in independence.
There are many books on and for Teens & Adults with ASD.

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**Adults**

**Guardianship**
A general guardianship or conservatorship gives someone power to make decisions about medical care, finances, living situations and more. Some states allow for a "limited" guardian or conservator of a person with ASD.

**Govt Programs**
All men must apply for the draft, regardless of ASD at age 18.
SSI and Medicaid are national programs to cover medical care and financial help.

**Legal**
Wills, Powers of Attorney, Special Needs Trusts and ABLE Accounts all require a lawyer but are necessary for many adults with ASD.
Disability Rights is a national org providing free/low-cost legal help.

**College**
There are companies who can assist you in finding grants, scholarships and appropriate placements in schools, as well as offering ongoing tutoring and mentoring services throughout the school year.

**Housing**
A disabled adult can live on their own, if able, in houses or apartments or if they are unable to care for themselves with limited help, they can live in residential facilities, such as adult foster care, group homes, farms and institutions.

**Other**
Fully dependent ASD adults can stay on a parent's private health insurance indefinitely. Vocational Rehabilitation can pay for job training, job matching, assistive tech, college or certificate programs, independent living training and more.

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TACA
Talk About Curing Autism
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1. Transition IEPs
   a. By age 16 (14 in some states), all children with an IEP must have a Transition IEP to address skills, jobs, college and their future life plans.
2. Adolescents require different tests than younger children.
3. The GFCFSF Diet and Biomedical treatments work regardless of age but starting them with a teen can present different challenges.
4. Keep your child active and engaged with extracurricular activities.
5. Social Skills and Life Skills must be taught to teens with ASD.
   c. http://www.tacanow.org/family-resources/developing-lifeskills-how-to-teach-a-skill/
   e. Volunteering and Chores are a great way to teach skills.
   f. Safety is also a key skill that must be addressed with teens.
6. Puberty can bring many changes to a child and family. Anxiety, hormonal and body changes, aggression, self-esteem, self-advocacy, sexuality and seizures are all common issues in puberty.
7. College and Employment
   a. There are many college programs available for kids with ASD allowing for appropriate accommodations
      ii. http://www.tacanow.org/family-resources/get-your-asd-kid-into-college/
      iii. http://www.tacanow.org/family-resources/college-programs-funding/
   b. Vocational Rehabilitation is a national program to help test, train and pay for college and supported employment.
      i. http://www.tacanow.org/family-resources/vocational-rehabilitation/

8. Other
   a. Siblings cannot be forgotten and can be very beneficial in teen years.
   b. Driving evaluations and lessons can make or break this step in independence.
   c. There are many books on and for Teens & Adults with ASD.
Adults

1. Guardianship and Conservatorships
   a. A general guardianship or conservatorship gives someone power to make decisions about medical care, finances, living situations and more. Some states allow for a “limited” guardian or conservator of a person with ASD.
   b. [http://www.tacanow.org/family-resources/preparing-for-adulthood/](http://www.tacanow.org/family-resources/preparing-for-adulthood/)

2. Government Programs
   a. All men must apply for the draft, regardless of ASD at age 18.
      i. [http://www.tacanow.org/family-resources/government-resources-obligations-selective-service-registration/](http://www.tacanow.org/family-resources/government-resources-obligations-selective-service-registration/)
   b. SSI and Medicaid are national programs to cover medical care and financial help.

3. Legal Planning & Special Needs Trusts
   a. Wills, Powers of Attorney, Special Needs Trusts and ABLE Accounts all require a lawyer but are necessary for many adults with ASD.
      i. [http://www.tacanow.org/family-resources/legal-planning-special-needs-trusts/](http://www.tacanow.org/family-resources/legal-planning-special-needs-trusts/)
   b. Disability Rights is a national org providing free/low-cost legal help.
      i. [http://www.tacanow.org/family-resources/resources-for-legal-assistance/](http://www.tacanow.org/family-resources/resources-for-legal-assistance/)

4. College Programs and Funding
   a. There are companies who can assist you in finding grants, scholarships and appropriate placements in schools, as well as offering ongoing tutoring and mentoring services throughout the school year.
      i. [http://www.tacanow.org/family-resources/college-programs-funding/](http://www.tacanow.org/family-resources/college-programs-funding/)
      iii. [http://www.tacanow.org/family-resources/get-your-asd-kid-into-college/](http://www.tacanow.org/family-resources/get-your-asd-kid-into-college/)
5. Housing
   a. There are companies who can assist you in finding grants, scholarships and appropriate placements in schools, as well as offering ongoing tutoring and mentoring services throughout the school year.
      i. http://www.tacanow.org/family-resources/housing/

6. Other
   a. Fully dependent ASD adults can stay on a parent’s private health insurance indefinitely.
   b. Vocational Rehabilitation can pay for job training, job matching, assistive tech, college or certificate programs, independent living training and more
      i. http://www.tacanow.org/family-resources/vocational-rehabilitation/
   c. Website Links for Adults & Teens
      i. http://www.tacanow.org/family-resources/autism-web-links/#anchor_adults_teens
   d. There are many books on and for Teens & Adults with ASD.