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, selfesteem, selfadvocacy, 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.

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/lowcost 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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1.		ition IEPs	
	a.	By age 16 (14 in some states), all children with	
		an IEP must have a Transition IEP to address	
	l-	skills, jobs, college and their future life plans.	
	D.	http://www.tacanow.org/family-	
2	۸dala	resources/teens-with-asd-transition-ieps/	
۷.	childr	scents require different tests than younger en.	
	a.	http://www.tacanow.org/family-	
		resources/teens-with-asd-testing/	
3.	The G	SFCFSF Diet and Biomedical treatments work	
	regar	dless of age but starting them with a teen can	
	prese	nt different challenges.	
	a.	http://www.tacanow.org/family-	
		resources/teens-with-asd-biomed-older-child/	
	b.	http://www.tacanow.org/family-	
		resources/teens-with-asd-gfcfsf-diet/	
4.	Keep	your child active and engaged with	
	extra	curricular activities.	
	a.	http://www.tacanow.org/family-	
		resources/teens-with-asd-extracurricular-	
		activities/	
5.		Skills and Life Skills must be taught to teens	
	with A		
	a.	http://www.tacanow.org/family-	
		resources/teens-with-asd-social-skills/	
	b.	http://www.tacanow.org/family-	
		resources/teens-with-asd-life-skills/	
	c.	http://www.tacanow.org/family-	
		resources/developing-lifeskills-how-to-teach-a-	
		skill/	
	d.	http://www.tacanow.org/family-	
		resources/teens-with-asd-self-advocacy/	
	e.	Volunteering and Chores are a great way to	
		teach skills.	
		i. http://www.tacanow.org/family-	
		resources/volunteering-opportunities-	
	£	for-people-with-asd/	
	1.	Safety is also a key skill that must be	
		addressed with teens.	
		i. http://www.tacanow.org/family-resources/tacas-with-acd-cafety/	
		resources/teens-with-asd-safety/	
6.	Puber	ty can bring many changes to a child and	
	family	. Anxiety, hormonal and body changes,	
	aggre	ession, self-esteem, self-advocacy, sexuality and	
		res are all common issues in puberty.	
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	a.	http://www.tacanow.org/family-	
		resources/teens-with-asd-puberty/	
	b.	http://www.tacanow.org/family-	
		resources/dealing-with-aggression-in-asd/	
	C.	http://www.tacanow.org/family-	
		resources/anxiety-in-autism-spectrum-	
		disorders/	
7.	Colleg	ge and Employment	
	a.	There are many college programs available for	
		kids with ASD allowing for appropriate	
		accommodations i. http://www.tacanow.org/family-	
		resources/teens-with-asd-college/	
		ii. http://www.tacanow.org/family-	
		resources/get-your-asd-kid-into-college/	
		iii. http://www.tacanow.org/family-	
	h	<u>resources/college-programs-funding/</u> Vocational Rehabilitation is a national program	
	D.	to help test, train and pay for college and	
		supported employment.	
		i. http://www.tacanow.org/family-	
0	Oth an	resources/vocational-rehabilitation/	
8.	Other	Siblings cannot be forgotten and can be very	
	a.	beneficial in teen years.	
		i. http://www.tacanow.org/family-	
		resources/teens-with-asd-siblings/	
	b.	Driving evaluations and lessons can make or	
		break this step in independence. i. http://www.tacanow.org/family-	
		resources/teens-with-asd-driving/	
	c.	There are many books on and for Teens &	
		Adults with ASD.	
		i. http://www.tacanow.org/family-	
		resources/teens-and-adults-booklist/	

A	dults .	
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/	
2.	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/ b. SSI and Medicaid are national programs to cover medical care and financial help. i. http://www.tacanow.org/family-	
3.	resources/autism-on-public-assistance- overview/ 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/ b. Disability Rights is a national org providing	
4.	free/low-cost legal help. i. http://www.tacanow.org/family-resources/resources-for-legal-assistance/ 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/teens-with-asd-college/ iii. http://www.tacanow.org/family-resources/get-your-asd-kid-into-college/	

5.	Housing			
		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.		
		 i. http://www.tacanow.org/family- resources/dependent-disabled-adults- 		
		continuation-of-private-health-care-		
		coverage/		
	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 &		
	٠	Adults with ASD.		
		i. http://www.tacanow.org/family-		
		resources/teens-and-adults-booklist/		