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**Resources for Young Adults with Asperger Syndrome
and High Functioning Autism
Websites, Articles, Books, and Programs**

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1. Educational and Internship Programs

These are programs that provides direct services to young adults and students with AS. The programs often charge substantial fees for their services in addition to any tuition and fees charged by an affiliated college or university.

AHEADD: Achieving in Higher Education with Autism/Developmental Disabilities

<http://www.aheadd.org/>

Locations in Pittsburgh, Albany, Dallas and Washington, D.C. Provides professional staff and peer mentors who serve as liaisons, personal advocates, and coaches for students who are competitively admitted to the college of their choice. This model less expensive (and less extensive) than some of the others below.

The AHEADD Model of Support can be applied in any campus environment and tailored to meet the unique needs of each student

The model Involves Four Core Elements:

1. AHEADD Professional Staff Involvement
2. Development of Campus and Community Support Network
3. Utilization of Campus Resources
4. Peer Mentoring

Autism Support Program, Midwestern State University, Wichita Falls, Texas

<http://news.mwsu.edu/iNews/view.asp?ID=1474>

Designed to provide students with Autism Spectrum Disorders with a nurturing and protected college experience, at the heart of the program is the development of independent living and social skills through the assistance of trained peers supervised by faculty. Students live in a household with trained MSU graduate students who supervise their studies, advise them about social interactions with peers and professors, and serve as a guide to other independent living skills.

Center for Adaptive Learning, Concord, California

The Center for Adaptive learning is a supported living program for adults with developmental neurological disorders. Clients work towards self-reliant living and learn to advocate for themselves. <http://www.centerforadaptivelearning.org/index.htm>.

Chapel Haven Asperger's Syndrome Adult Transition Program

<http://chapelhaven.org/aspergers/index.html>

The program begins as an individualized residential program that targets social competencies resulting in effective coping strategies, problem solving, independent (adaptive) life skills, and career experiences. The focus of the program is to assist adults in developing independent social competencies across all settings.

Chapel Haven West

<http://www.chapelhaven.org/chapelhavenwest/Home.html>

Chapel Haven West in Tucson, Arizona, opened in June, 2008. Building on the success of 35 years as a leader in the field of teaching and supporting individuals with disabilities, Chapel Haven West serves those on the autism spectrum and those with mild developmental disabilities. The Residential Life Skills, Education, Employment and Recreation programs are the anchors of the two residential years, which are enhanced by a unique partnership with the University of Arizona.

College Internship Program at the Bloomington Center provides individualized, post-secondary academic, internship and independent living experiences for young adults with Asperger's Syndrome and non-verbal learning differences.

Bloomington, Indiana <http://collegeinternshipprogram.com/bloomington/>

Other locations: <http://www.collegeinternshipprogram.com/>

College Living Experience

<http://www.cleinc.net/>

College Living Experience exists to assist students with special needs in completing college and transitioning into independent adults. Academics, living skills, and social skills – what other program offers all three? Three locations have post-secondary programs within walking distance.

Gersh Experience, Melville, NY

<http://www.gershacademy.org/college/>

For individuals with neurobiological disorders.

* The Gersh Experience at Daemen College, offers fully accredited, college-level courses leading to a bachelor's degree in a variety of majors

* The BASE Institute for individuals on the autism spectrum, ages 5-21

Kelly Autism Program, Bowling Green, KY

http://kap.wku.edu/College_Students-KAP_Circle_of_Support.html

KAP is designed to provide services to adolescents and young adults diagnosed along the Autism Spectrum Continuum, as well as their families. KAP has programs for middle school, high school and post-secondary participants including higher education, vocational training, and job support.

Students may enroll in either Western Kentucky University or community college.

Contact: kellyautismprogram@wku.edu

Model College Program of Marshall University (West Virginia)

<http://www.marshall.edu/coe/atc/modelcollege.htm>

The Marshall program uses a positive behavior support approach to assist participating students. Social, communication, academic, leisure and personal living skills are assessed through person-centered planning. Personal goals are identified and strategies are developed based on the individual needs of each student. The program seeks to help students learn skills which will help them earn a college degree, work in their chosen field, and live a productive, independent, and quality life.

University of Alabama ACTS program, a transition to college program for students with Asperger Syndrome, director Dr. Sarah O'Kelley. Dr Laura Klinger is director of the University of Alabama PDD clinic which sponsors the program. University of Alabama PDD Clinic, 202-348-5000. An article about the program is at <http://uanews.ua.edu/aneews2007/dec07/spect121007.htm>

2. Websites:

University Students with Autism and Asperger's

This is a British site.

<http://www.users.dircon.co.uk/~cns/>

For Good Practice Guidelines for Universities, scroll down for link.

GRASP: Global and Regional Autism Partnership,

<http://www.grasp.org/>. Run by adults on the spectrum for adults on the spectrum. Resources, including online and face-to-face support groups, for adults on the spectrum.

3. Articles:

Asperger's Syndrome and the Voyage Through High School: Not the Final Frontier

By Kim Graetz and Janet E. Spampinato. Describes AS and its implications for young people beginning or considering college.

http://www.redorbit.com/news/education/1266639/aspergers_syndrome_and_the_voyage_through_high_school_not_the/

Sample University accommodations letter by Jim Sinclair

<http://web.syr.edu/%7Ejjsincla/accommod.htm>

College Planning for the High Functioning Student with Autism by Lars Perner

<http://www.professorsadvice.com/>

Preparing to Experience College Living, by Mark Claypool (Autism Society of America, Living with Autism Series). Four-page brochure of recommendations for students preparing for college, including recommended resources.

http://www.autism-society.org/site/DocServer/Going_to_College.pdf?docID=9521

4. Books

Table of contents and selected chapters of many of these books may be viewed at Google Books, <http://books.google.com/books>.

Succeeding in College with Asperger Syndrome: A student guide.

John Harpur, Maria Lawlor and Michael Fitzgerald. Jessica Kingsley Publishers, 2004.

Synopsis: College life is particularly stressful for students with Asperger Syndrome (AS) and the resources that colleges provide for such students are often inadequate. This much needed guide provides information to help these students prepare successfully for the rites and rituals of studying, interact with staff and fellow students, cope with expectations and pressures, and understand their academic and domestic responsibilities. How will I cope with the workload? What do I do if I feel ill? How do I make friends and initiate relationships with the opposite sex? Drawing on first hand interviews with AS students and direct clinical experience, the authors address these and many other questions thoughtfully and thoroughly, making practical recommendations.

Ask and Tell: Self-Advocacy and Disclosure for People on the Autism

Spectrum. Editor: Stephen Shore; Foreword by: Temple Grandin. Contributing Authors: Kassiane Sibley, Stephen M. Shore, Roger N. Meyer, Phil Schwarz, Liane Holliday Willey. Autism Asperger Publishing Company, 2004.

Synopsis: *Ask and Tell* is unique by being the first book to speak to the twin issues of self-advocacy and disclosure for people with autism and by consisting exclusively - including the cover art and the preface by Temple Grandin - of contributions by those on the autism spectrum for persons on the spectrum. Successful self-advocacy involves a degree of disclosure about oneself that often carries some degree of risk, in an effort to reach a goal of better mutual understanding. The book offers countless practical ideas and advice adjusted for different personalities and personal preferences, and always backed by the real-life experiences of the authors. In addition to individuals on the spectrum, the book is a must for parents, teachers, counselors, and representatives from the numerous agencies that work with people on the autism spectrum and other conditions.

Understanding Autism for Dummies. By Stephen M. Shore and Linda G. Rastelli. Hoboken, N.J.: Wiley Publishing, 2006.

Comments: Part IV, Living with Autism as an Adult includes chapters on living well as an adult with autism, and fostering friendships and romantic relationships. It addresses choosing careers, higher education, social & romantic relationships, money management, legal rights, and living options. "In this chapter we speak to you, a high-functioning adult on the autism spectrum who's looking to blaze a path in a new walk of life. We examine how you can handle all the inevitable decisions and stressors bound to come your way" (p. 273). Shore, an adult on the autism spectrum himself, is a doctoral candidate who lectures and consults internationally on autism.

Vocational Rehabilitation for Individuals with Asperger's Syndrome, 32nd Institute on Rehabilitation Issues, 2007. This book is available online to download free.

<http://www.gwu.edu/~iri/pdf/32-nd-IRI-2007-Final-03-09-2007.pdf>

Be sure to check out the possibilities for assistance from your state's vocational rehabilitation agency. Google "vocational rehabilitation" along with your state name to find the offices in your state.

Autism-Asperger's & Sexuality: Puberty and Beyond. Jerry and Mary Newport. Autism Asperger Publishing, 2004.

Synopsis: This ground-breaking book takes a personal look at the sexual challenges of those diagnosed with autism or Asperger Syndrome. The authors were both diagnosed with AS as adults; they beat the odds by becoming one of the few married couples with autism that have not only found love, but kept it alive. They share their first-hand knowledge of the challenges of sex and help guide young adults with autism and their caregivers through this sometimes bewildering but fascinating topic.

Life and Love: Positive Strategies for Autistic Adults, by Zosia Zaks. Autism Asperger Publishing, 2006.

Synopsis: Written for adults on the spectrum and those involved – parents, spouses, friends – this book is divided into two sections: life and love. In the life section, the author describes and suggests concrete ways to deal with some of the issues and problems faced by those on the autism spectrum. Examples include how to accommodate sensory issues, maintain a home, and manage a career. In the love section, instead of focusing on one topic, such as dating, the author includes a broad spectrum of suggestions for different types of relationships and weaves these together with the core concept of self-esteem.

Asperger's Syndrome And Sexuality: From Adolescence Through Adulthood. Isabelle Hènault. Jessica Kingsley Publishing, 2006.

Synopsis: Playing the dating game is often tricky: all the more so for individuals with Asperger Syndrome. How do AS adolescents and their families cope with sexual feelings and behaviour? What help can be given if a man with AS oversteps the mark in expressing his sexuality? How do people with AS deal with intimacy and communication in sexual relationships? In this comprehensive and unique guide, Isabelle Hènault delivers practical information and advice on issues ranging from puberty and sexual development, gender identity disorders, couples' therapy to guidelines for sex education programs and maintaining sexual boundaries. This book will prove indispensable to parents, teachers, counselors and individuals with AS themselves.