



## Adults with autism spectrum disorder (ASD) and their families have a lot of questions:



- How do I get around on my own without a car?
- Will I have to live with my mom and dad forever?
- How can I find a job so I can have my own money?



- What will happen to him after we're gone?
- How can I teach her to be less dependent on me?
- Where can we get support now that high school is over?

## 1:1 Coaching Fosters Independence

The Community Support Program is for adults with ASD who are ready to live on their own with a little support and encouragement. This transition program pairs each client with their own coach. Together—and with family input—the coach and client create a Personal Development Plan (PDP) to work on skills such as:



Personal Finances



Medical Care Management



Employment + Transportation



Communication + Self Advocacy



Cooking, Meal Prep + Nutrition



Social Skills + Relationships

Older doesn't always mean *more independent*.

**But it can.**

### Independence Is Empowerment

According to a study of adults with ASD, only about 20% live independently in the 8 years after high school<sup>1</sup>. CA believes that with the right coaching, that number could be much higher. That's why we created our Community Support Program.

« [Our daughter's coach] is doing an excellent job identifying goals with her and helping her meet them. This is a great stepping stone to independence.

Parent of Participant

« This program has changed my son's life! We really couldn't be happier.

Parent of Participant

<sup>1</sup> Learn more: <https://bit.ly/2Rxm5ld>