

ADULTHOOD TRANSITIONS, HOUSING, AND LONG-TERM CARE SUPPORT

When an individual ages out of traditional therapy for autism it can present daunting challenges for a young adult or teen, as well as their parents. Where do I go from here as I transition to adulthood? What resources are available for housing, employment, mental health counseling, and other supports long-term?

Support Systems

Long-term care support is crucial for the unique needs of autistic individuals. Support should never stop at childhood.

[Autism Speaks - Transition Tool Kit](#)

[Autism Speaks - Resources and Services for Adults with Autism](#)

[AANE Asperger/Autism Network - Programs and Services](#)

Employment

It can be hard for an autistic to find steady well-paying employment, but help is available.

[Jobs for the Neurodivergent - Jobs for Humanity](#)

[Delivering Jobs](#)

[Job Seekers and Students - Autism Speaks](#)

Housing

Different levels of support needs can make housing more complicated for autistic adults.

[Housing and Residential Supports Tool Kit - Autism Speaks](#)

[Autism Housing Network](#)

Mental Health Counseling

It is imperative to find a professional who understands neurodiversity.

[Psychology Today](#)

[Mental Health Match - Autism Spectrum](#)

Friendship and Support Groups

Whether you are seeking support, or you are looking for friendship, there is no shortage of groups for autistics.

[Meetup](#)

[Wrong Planet](#)

[Spectrum Suite](#)

[Autism Society Affiliate List](#)