

What are some of the issues facing adults with autism, and what about for parents as a child for autism is growing up?

Eren Says:

Let's start with adults with autism...for the sake of terminology, let's say adults are autistics 18 and older...

They've graduated high school, their support system is changing, and even without going into college, they're going to need to change their structure...and stepping outside one's comfort zone into things that they don't have much understanding or control over can be terrifying! Even in college, there's not exactly an autism support program in each one to help with transitioning into executive functioning and learning how to start taking care of oneself better.

Let's be honest, budgeting has many different purposes that are useful, but how many programs are there that teach this to students? You can budget more than just money, there are resources too.

Social skills...since body language and reading nonverbal communication stuff is extremely difficult for people on the autism spectrum, they would definitely need to have a grasp on it before they've graduated high school...without it, they will have severe difficulties finding any level of independence, especially trying to enter a college program, even if in-state.

“Whether in college or in grade school, they're definitely going to be needing some sort of mentor or friend to guide them...without support systems that they would/could gradually use less of, they might just regress.”

Were social skills taught to them as students? It was taught to me a little bit, but I could have used SO MUCH MORE in order to make it to where I am today much earlier. not to mention, how are they supposed to find employment if they have trouble passing even interviews?

Finally...purpose...school was indeed a place to learn, but since common sense and critical thinking isn't always a subject taught in those schools...what will the adults do in order to obtain the level of cognitive development needed to progress further in life? Having mentors, counselors and therapists to help with those issues, even at adulthood, can make a significant impact on the autistic mind.

Next up is resources themselves...when it comes to things like insurance and support networks...those were generally there for kids growing up...but as adults...they're forced to be expected to look after themselves...and parents have spent a LOT of money helping their kids make it to adulthood...where will the resources be that help these adults make it through until they are able to reach a level of independence....especially with the changes in government policies that constantly risk affecting the wellbeing of special needs individuals...

There is also the law....now that they are adults, there are court systems which may not necessarily understand autism, and with a lack of social skills, they may not be able to have a good enough defense if something happens resulting in a legal or law enforcement issue.

Eren Niederhoffer is a self advocate who offers information and support on the topic of self advocacy. He has contributed this advice in collaboration with the Georgia Parent Mentor Partnership. The information provided on the Georgia Parent Mentor website and on this document is intended as general information only and does not take into account your objectives, situation and needs. is General Information only, so does NOT take into account your objectives, financial situation and needs. Before acting on any information contained in this website you should consider the appropriateness of the advice having regard to your objectives, situation and needs.