

# Autism and Asperger Syndrome: A Comprehensive Guide to Navigating Adulthood

Autism and Asperger syndrome are neurodevelopmental disorders that can impact individuals in various ways. As they transition into adulthood, individuals with these conditions often face unique challenges related to independence, social skills, employment, and more. The book "Autism and Asperger Syndrome Preparing For Adulthood" provides a comprehensive resource for individuals with autism or Asperger's syndrome, their families, and professionals to navigate these challenges successfully.

## Understanding the Transition to Adulthood

The book begins by discussing the transition to adulthood for individuals with autism or Asperger's syndrome. It highlights key developmental milestones, social and emotional changes, and the importance of planning for adult life. Topics covered include:



## Autism and Asperger Syndrome: Preparing for

## Adulthood by Patricia Howlin

★★★★☆ 4.7 out of 5

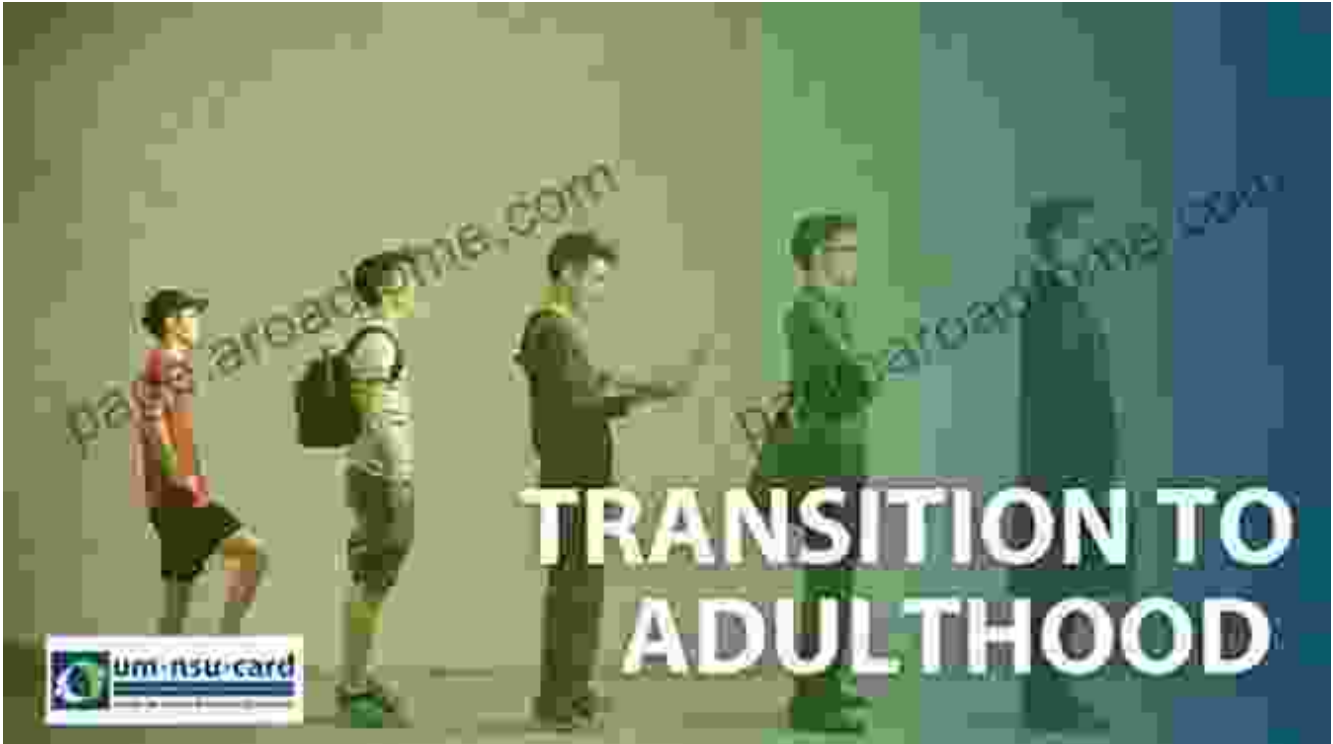
- Language : English
- File size : 1547 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 492 pages

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1 Month	3 Months	7 Months
<ul style="list-style-type: none"> <li><input type="checkbox"/> Makes slight jerk movements</li> <li><input type="checkbox"/> Grabs his or her hands with the single fist and mouth</li> <li><input type="checkbox"/> Turns his or her head when talked to or familiar sound and voice</li> <li><input type="checkbox"/> Focuses on face and eyes (0-12 inches away)</li> <li><input type="checkbox"/> Responds to loud sounds</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Notices their hands by two months</li> <li><input type="checkbox"/> Sees at the point of a finger point by two months</li> <li><input type="checkbox"/> Follows moving objects with her eyes by 2-3 months</li> <li><input type="checkbox"/> Supports head when in stomach by 3 months</li> <li><input type="checkbox"/> Babble by 3-4 months</li> <li><input type="checkbox"/> Adapts to imitate your sounds by 4 months</li> <li><input type="checkbox"/> Attempts to rise limbs and is frightened by them</li> <li><input type="checkbox"/> Initiates some movements and facial expressions</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Holds up to back and front</li> <li><input type="checkbox"/> Sits without support of the hands</li> <li><input type="checkbox"/> Babble words by 6 months</li> <li><input type="checkbox"/> Responds to his name</li> <li><input type="checkbox"/> Understands 2 months</li> <li><input type="checkbox"/> Responds to "no" by making sounds</li> </ul>
15 Months	15-24 Months	2 years
<ul style="list-style-type: none"> <li><input type="checkbox"/> Sits up without assistance</li> <li><input type="checkbox"/> Crawls</li> <li><input type="checkbox"/> Pulls self up to stand</li> <li><input type="checkbox"/> Walks by holding onto something</li> <li><input type="checkbox"/> Responds to "no"</li> <li><input type="checkbox"/> Uses simple gestures such as shaking head "no"</li> <li><input type="checkbox"/> Says "mama" and "dada"</li> <li><input type="checkbox"/> Uses simple words</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Says single words (10-15 months)</li> <li><input type="checkbox"/> Understands phrases (18-24 months)</li> <li><input type="checkbox"/> Plays pretend</li> <li><input type="checkbox"/> Walks alone</li> <li><input type="checkbox"/> Labels objects when asked</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Begins to run</li> <li><input type="checkbox"/> Walks up and down steps</li> <li><input type="checkbox"/> Asks questions</li> <li><input type="checkbox"/> Scribbles words</li> <li><input type="checkbox"/> Recognizes names of familiar objects and body parts</li> <li><input type="checkbox"/> Follows simple instructions</li> <li><input type="checkbox"/> Points at objects when told its name</li> <li><input type="checkbox"/> Emphasizes word after another</li> </ul>

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## **Developing Independence and Life Skills**

The book places significant emphasis on developing independence and life skills. It provides practical strategies and tips for individuals to:

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## **Education and Employment**

The book explores the various options for education and employment for individuals with autism or Asperger's syndrome. It discusses:

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## **Health and Well-being**

The book recognizes the importance of health and well-being for individuals with autism or Asperger's syndrome. It covers topics such as:

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## Support and Services

The book provides a comprehensive overview of the support and services available to individuals with autism or Asperger's syndrome and their families. It includes:

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# COMMUNITY RESOURCES



Building stronger organizations through community resources

"Autism and Asperger Syndrome Preparing For Adulthood" is an invaluable resource for anyone navigating the challenges and opportunities of adulthood with autism or Asperger's syndrome. The book provides practical guidance, expert advice, and real-life stories to empower individuals to live fulfilling and successful lives.

Whether you are an individual with autism or Asperger's syndrome, a parent or caregiver, or a professional working in the field, this book is an essential guide to help you understand the unique needs of individuals with these conditions and support them as they transition into adulthood.

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