



Autism Resources for Adults

Transitioning to Adulthood and Adult Services

<https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>

- Adult autism resources and transitioning to adulthood
- Adult day programs
- Autistic self-advocacy
- Employment
- Guardianship and power of attorney
- Healthcare
- Higher education
- Housing

Adults and Families:

<https://arcofkingcounty.org/find-support/adults.html>

- Developmental Disability Administration (DDA) eligibility and services such as Personal Care (PC), Medicaid Waivers, respite care
- Social Security Benefits (e.g. SSI, SSDI)
- Special Education including Transition Plans
- Employment including School to Work
- Supported Decision Making, Guardianship, and other considerations
- Financial Planning
- Housing

- Transportation
- Recreation
- [Click here](#) for an overview of services and considerations for adults with I/DD.

Young Adults and Autism: Neurodiversity

<https://www.seattleu.edu/ccts/resources/websites-for-young-adults/>

- Secondary Education
- Self-Advocacy
- Employment

UW Medicine Adult Autism Clinic in Seattle

<https://www.uwmedicine.org/locations/adult-autism>

Autism Evaluation Providers

<https://depts.washington.edu/uwautism/resources/adult-resources/>

Autistic self-advocacy

<https://www.seattlechildrens.org/clinics/autism-center/patient-family-resources/>

- People first Washington
- Alliance for people with disAbility
- Square Pegs Adult Autistic meetups
- Self Advocates in Leadership (SAIL)
 - [The Art of Autism](#)
 - [The Asperger/Autism Network](#)
 - [The Asperger Experts](#)
 - [Autism Network International \(ANI\)](#)
 - [Autism Society of America](#)
 - [Autism Self-Advocacy](#) Autism Speaks
 - [Autistic Self-Advocacy Network \(ASAN\)](#)

- [The Journey Through Autism Blog](#)
- [The Mighty Autism Blog](#)
- [Organization for Autism Research Self-Advocacy](#)
- [Thinking Person's Guide to Autism](#)
- [We Have a Voice: A Panel of Individuals with ASD](#)
- [Transition to Adulthood – Autistic Burnout and the Costs of Coping and Passing](#)
- [In Our Own Words: A Panel of Adults with Autism Spectrum Disorder](#)

Resources in Washington State

Washington Autism Advocacy

www.washingtonautismadvocacy.org

Informing Families: comprehensive, updated regularly, available multiple languages

www.informingfamilies.org

Arc of Washington

www.arcwa.org

BIPOC community

- Open Doors for Multicultural Families: <https://www.multiculturalfamilies.org/>
- Families of Color Seattle: <https://www.focseattle.org/>
- Vietnamese Family Autism Advisory Board (VFAAB): <https://vfaab.org/>
- Somali Health Board: <https://somalihealthboard.org/>
- WA Multicultural Link www.wmslink.org
- The Arc of Washington: <https://arcwa.org/>

Disability Advocacy and Legal Support



Developmental Disabilities Ombuds
www.ddombuds.net



Special Education Ombuds:
<https://oco.wa.gov/>



The Arc of WA
www.arcwa.org



WA State Developmental Disabilities Council
<http://www.ddc.wa.gov/>



Northwest Justice Project
www.nwjustice.org



Disability Rights
WASHINGTON

Disability Rights WA
www.disabilityrightswa.org

Autism Speaks

<https://www.autismspeaks.org/adults-autism>

Autistic Self Advocacy Network

www.autisticselfadvocacynetwork.org

National Council for Severe Autism

www.NSCAutism.org

Drexel University Adult Life Resources and Outcomes

<https://drexel.edu/autismoutcomes/>



TRANSITION TO
ADULTHOOD



ACCESS TO SERVICES



EDUCATION



EMPLOYMENT



LIVING
ARRANGEMENTS



HEALTH AND MENTAL
HEALTH



COMMUNITY AND
SOCIAL PARTICIPATION



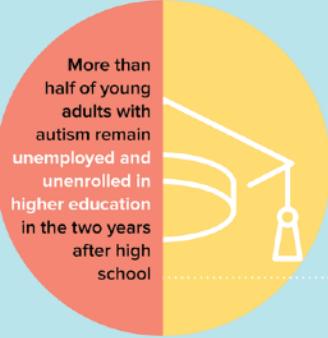
SAFETY AND RISK

UC Davis Mind Institute <https://health.ucdavis.edu/mindinstitute/resources/autism.html>

Videos, education, resources, research

adults with autism

Adult life – with its bosses, coworkers, roommates and romantic partners – can be tough enough. Then add the hallmark social and executive-function challenges of autism spectrum disorder.



An estimated one in four to one in five is unemployed

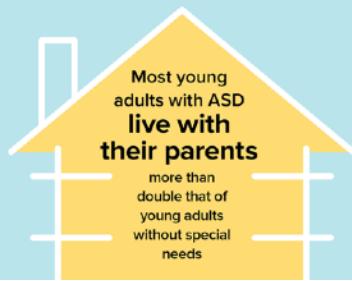
An estimated 5 percent of adults with autism have ever been married



Depression affects an estimated 26 percent of adults with autism **3 times the U.S. average**



As many as **one-third** have epilepsy



more than double that of young adults without special needs

UC Davis Mind Institute

Compiled for UW Autism ECHO, Mauve session, December 7, 2022

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