



OAR Releases A Guide for Transition to Adulthood, Second Edition

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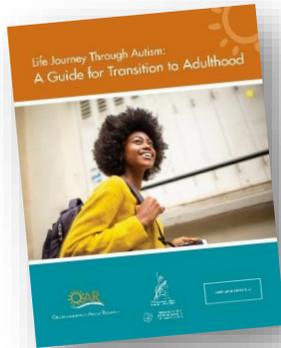
ARLINGTON, VA – The Organization for Autism Research (OAR) is publishing the second edition of *Life Journey Through Autism: A Guide for Transition to Adulthood*. The guide aims to support parents and their autistic children in their transition planning process. It is currently available as an interactive PDF, and will be released as a hard copy on Friday, September 3.

For autistic young adults and their families, the transition to adulthood is a time marked by immense possibility — yet it can be a daunting time, too. To help families navigate post-secondary education, employment, housing, increased levels of independence, and more, OAR has released a new edition of [*Life Journey Through Autism: A Guide for Transition to Adulthood*](#).

[*A Guide for Transition to Adulthood \(2nd edition\)*](#) is a spiral-bound workbook packed with up-to-date information, resource recommendations, informational handouts, and activity worksheets for parents and their transition-aged children. The guide covers a range of important topics, such as how to:

- Navigate the transition planning process while effectively engaging your child and other members of the transition team.
- Prepare for the changes in available supports and legal protections that accompany the transition to adulthood.
- Center the transition plan around the interests and strengths of your child.
- Equip your child with the self-determination skills they need to advocate for themselves, problem-solve, set goals, and develop a plan for their own future.
- Prepare your child for higher education, employment, independent living, and other relevant aspects of adulthood.

A Guide for Transition to Adulthood is available on OAR’s website as an [interactive PDF](#) that allows users to fill in worksheets and save progress on their computer. The paperback guide is available for pre-order at no cost, and will be released as a spiral-bound workbook on Friday, September 3. OAR encourages readers to share this resource with their transition team and parent support groups. For bulk orders, please contact programs@researchautism.org with the subject line “Bulk Transition Guide Order.”



ACTIVITY 3.B: Your Person-Centered Planning Meeting

Review the steps to leading your meeting in the video below. Then, review today's plan ahead to do and what steps you want others to perform for you at your meeting.

Action	I will do this	Who else needs to perform this action at my meeting
A. Review your IEP	<input type="checkbox"/>	
B. Get everyone to introduce themselves	<input type="checkbox"/>	
C. Have everyone to identify their goals for the year	<input type="checkbox"/>	
D. Go to Section 2 on your individual transition plan	<input type="checkbox"/>	
E. Listen to what your team members say	<input type="checkbox"/>	
F. Do the team work you plan to do	<input type="checkbox"/>	
G. Do the team work you plan to do	<input type="checkbox"/>	
H. Do the team work you plan to do	<input type="checkbox"/>	
I. Do the team work you plan to do	<input type="checkbox"/>	
J. Do the team work you plan to do	<input type="checkbox"/>	
K. Do the team work you plan to do	<input type="checkbox"/>	
L. Do the team work you plan to do	<input type="checkbox"/>	
M. Do the team work you plan to do	<input type="checkbox"/>	
N. Do the team work you plan to do	<input type="checkbox"/>	
O. Do the team work you plan to do	<input type="checkbox"/>	
P. Do the team work you plan to do	<input type="checkbox"/>	
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VOCATION AND EMPLOYMENT

Finding and maintaining a job requires a variety of life skills — communication, social, perspective, and change — to name a few. Right now, a career is likely to be far away, but that you already preparing for success on the job, including practicing these skills at home and in the classroom.

The Individualized Transition Plan (ITP) discussed in Chapter 2 may include goals for completion, preparation for the general workforce, and the transition. ITPs require that students, with support, and available resources can be built into the transition plan. The transition period will help ensure success in the workforce, and will be guided by their interests, goals, and desires for the future. Building skills and preparing for the job and experience on the way to long-term employment.

TRANSITION PLANNING

Your Young Adult's Role

Like any goal and action-oriented transition plan, the process involves your child leading the way in the final stages of planning that involves, performance, and goals for employment.

The role:

- Identify interests and skills, match to employment
- Develop and enhance life skills to meet employment goals
- Participate in the transition planning process
- Take the lead in searching for and finding employment

OAR extends its gratitude to the community of parents, educators, researchers, autism professionals, and autistic individuals who contributed to the development of this resource.

Special recognition goes to Lori Lapin Jones PLLC for its continued interest in the needs of individuals with autism. Special recognition also goes to the Embassy of the State of Qatar in Washington, D.C. The development and distribution of this guide were made possible thanks to the generous support of these two separate organizations.

About OAR: The Organization for Autism Research (OAR) is a national non-profit organization formed and led by relatives of children and adults with autism spectrum disorders. OAR is dedicated to promoting research that can be applied to help families, educators, caregivers, and individuals with autism find much-needed answers to their immediate and urgent questions. Learn more at www.researchautism.org.

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