

Ages 21 and older



Lifespan Checklist (for the caregiver)

PATHFINDERS
FOR AUTISM



Pathfinders for Autism 443.330.5341 www.pathfindersforautism.org

Health and Medical Care, and Related Therapeutic Interventions

- Understand the definitions for Autism Spectrum Disorders (ASD), and why a person should be diagnosed.
- Learn about treatment options and therapies
- Apply to the Developmental Disabilities Administration (DDA)
- Investigate Behavioral Support Services if you need them
- Schedule regular re-evaluations and medical follow-up to measure progress and identify challenges
- Develop a system to organize your paperwork
- Develop a good group of providers and supports that will continue to work with your family on a long term basis

Assistive Technology

- Learn all you can about Assistive Technology services available
- Explore financial assistance for Assistive Technology

Employment

- Develop employment experiences, either paid or volunteer
- Develop a resume that may include a list of skills and competencies as well as a video portfolio showing him/her at work
- Explore employment services and opportunities available in Maryland
- Evaluate interests and strengths – vocational assessments
- Make a decision about disclosure (of diagnosis)
- Learn about 504 Plans

Housing

- Explore housing options (residential, community supports, rental options, home ownership)
- Apply to the Developmental Disabilities Administration (DDA)
- Apply to the local public housing authority Section 8 waiting list
- Establish credit and continue to monitor credit reports

Social and Relationships

- Help your family member learn about appropriate social skills
- Teach your family member about sexuality and relationships
- Develop the recreational and leisure activities that your family member enjoys

Funding for Services and Legal Issues

- Review the “Financial Things Every Parent of a Child with Autism Needs to Know”
- Apply for Social Security Benefits
- Apply to the Developmental Disabilities Administration (DDA)
- Investigate Low Intensity Support Services (LISS)
- Learn about life planning tools and options
- Develop a system to organize financial and legal records

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Support: Support Groups and Respite

- Network with others at a support group
- Investigate support groups for your family member
- Identify needs of support and establish a support system
- Take care of yourself, your spouse, your other children
- Investigate respite care options

Transportation

- Explore options including public transportation, Mobility, and driver's license
- Apply for all appropriate transportation programs
- Help your family member obtain a Maryland State ID card issued by the Motor Vehicle Administration

Advocacy and Self-Advocacy

- Make a decision about disclosure (of diagnosis)
- Learn about becoming an advocate at the local and national level. Consider joining local and national autism groups and listservs.
- Help your family member learn self-advocacy skills

For the supporting information and details, visit www.pathfindersforautism.org