

# AGES 21 & OLDER LIFESPAN CHECKLIST



The following is a brief checklist of things to help you get started.

This checklist is meant to serve as a guide only and is not exhaustive of all services and supports you should explore for your child or family member.

## 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
- Learn more about Medical Assistance
- Explore dental resources
- Explore miscellaneous health and medical resources
- Learn about funding options for medical care
- Explore resources for navigating medical benefits (for services other than private insurance)

## 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
- Explore additional employment resources

## 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
- Learn about social security and housing
- Explore additional housing information

## SOCIAL AND RELATIONSHIPS

- Continue to 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

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## **SUPPORT: SUPPORT GROUPS AND RESPITE**

- Network with others at a support group
- Take care of yourself, your spouse, your other children
- Investigate respite care options

## **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
- Explore the legal implications of adulthood

## **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/autism-by-age](http://www.pathfindersforautism.org/autism-by-age)**