



UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODE 23: CREATING AN ADULT INDEPENDENCE PLAN

SHOW SUMMARY

Transitions can be scary. For those on the spectrum, making the transition from living with parents to being on their own can be an intimidating process. But every successful long term goal comes with a plan of action. In this episode, we explore what a ten year adult independence plan can look like for a young autistic adult and the roles that parents can play in this process.

LINKS

[ASPERGER EXPERTS](#)
(WEBSITE)

BLOGS & BOOKS

["AUTISM INDEPENDENT LIVING"](#) (BLOG) BY HEATHER DAVIS

["HOW TO WRITE SMART GOALS"](#)
(BLOG) MINDTOOLS.COM

JOHN MAXWELL, [FAILING FORWARD](#) (BOOK)

6 STEPS TOWARDS INDEPENDENCE

- Having a Vision
- Setting Goals
- Evaluating the Need for Services
- Normalizing Independence Struggles
- Setting Up Routines
- Establishing Norms, Check-ins and Accountability

RESOURCES

- [Creating A Plan For Independence Worksheet](#) (LINK)

Introduction to Season 2	0:00-4:35
Why Autistic People & Their Parents Struggle With Adult Independence	4:35-10:42
Why A 10 Year Plan?	10:42-12:12
The Meetings (Steps) In An Independence Plan	
Overview	12:12-25:56
Meeting 1: The Vision Meeting	25:56-29:42
• Goals	
• Outcomes	
• Obstacles	
Meeting 2: Setting SMART Goals	29:42-57:33
• Goals	
• Outcomes	
• Obstacles	
• Outside Supports	
• Obtaining Mastery of Skills	
• Failing Forward Mentality	
Meeting 3: Evaluating the Need For and Recruiting Outside Support Services	57:33-1:00:29
• Goals	
• Outcomes	
• Obstacles: Cost, Assessment, Time Lines	
Meeting 4: Normalizing the Struggles of Adult Independence	1:00:30-1:16:55
• Goals	
• Outcomes	
• Obstacles	
Meeting 5: Setting Up Routines For Adulting Tasks	1:16:55-1:27:29
• Goals	
• Outcomes	
• Obstacles: Accountability, Timers	

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SHOW SUMMARY...CONTINUED

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Meeting 6: Establishing Norms, Check-ins, and Accountability 1:27:29-1:30:45

- Goals
- Outcomes
- Obstacles: Judgement vs. Creating Agency

● **Closing** 1:30:45-1:33:39

SEASON 2 EPISODE 24: SPECIAL GUEST GAIL SUITOR FOUNDER OF IGNITE CHANGE MAKERS

Ignite Change Makers works with schools, individuals and families to create and discover communities where diverse ways of thinking and learning are sought and valued because neurodiversity changes the world. "All students need educational opportunities where they feel seen, valued, purposeful, inspired and connected."

EPISODE 24 SHOW SUMMARY

Interview with Gail Suitor 0:00-37:38
Our Post Interview Thoughts 37:38-1:13:00



SPECIAL GUEST



Gail Suitor
Founder of
Ignite Change Makers

2018 SURVEY: 10 THINGS I WISHED I LEARNED IN SCHOOL

- Money management & budgeting
- How to do taxes
- How to manage mental and emotional well-being
- Understanding credit, interest rates, and student loans
- How to negotiate
- Time management
- Household repairs
- How to make conversation/ personal relationship skills
- Car repair and maintenance
- How to find a job