



UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODE 29: MOVING OUT & COMMUNICATING WITH PEOPLE IN YOUR RESIDENCE

The transition from living with parents to having your own place comes with a lot of challenges. One area that does not get a lot of attention for those on the spectrum, is how to communicate with your neighbors, your roommate, your landlord and others in your new home. In this episode we explore the sometimes tricky and complex world of human communication for renters.

LINKS TO ARTICLES

- [“Rules, Boundaries, and Older Children: Parents’ Top 25 Concerns Addressed”](#) by James Lehman
- [“Eleven House Rules for Adult Children Living at Home”](#) by Kristen Thompson
- [“How to Get Capable Adult Children on the Autism Spectrum to Move Out”](#) by Mark Hutten
- [“Preparing Your Autistic Child to Live on Their Own”](#) by Lisa Jo Rudy

RESOURCES

[Roommate Compatibility Checklist \(pdf\)](#) by the University of Toronto

[Are You A Good Roommate?](#) by Citizens

[Compatibility Roommate Test](#) by Psychology Today

[Questions To Ask A Potential Roommate](#) by the State of Virginia

EPISODE 29 PART 1

INTRODUCTION

0:00-3:44

- Teaching social skills to your adult child
- Role playing roommate and landlord to practice interaction and to understand boundaries
- Introduce your child to members of your community involved with renting

CREATING A ROOMMATE AGREEMENT

3:44-40:25

- Establishing communal items
- Cleaning expectations
- Creating your own space, quiet time
- Rules for Overnight guests, etc.
- Discussing finances and expenses
- The importance of roleplay
- establishing responsibility for chores

CONFLICT RESOLUTION

40:25-47:37

- Roleplay conflict situations
- Weekly check-ins

SELF ASSESSMENT: AM I READY TO LIVE ON MY OWN?

47:37-1:02:49

- What living situation would work for me?
- Can I live with a roommate?
- Who can you turn to in crisis?
- Can I live with a pet?
- Roommate interviews

OUR REFLECTIONS ON WHAT WE LEARNED FROM LIVING WITH A ROOMMATE

1:02:49-1:15:12



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LINKS TO ARTICLES

- [“What is Renter’s Insurance and What Does It Cover?” by Allstate](#)
- [“Why is Having a Great Landlord-Tenant Relationship Important?” by Rentec Direct](#)
- [“7 Tips for Finding the Perfect Landlord” by Nicole Cleary](#)
- [“Tenant’s Rights Basics” by Find Law](#)
- [“Eviction: Definition and How It Works Under the Law by Investopedia.com](#)
- [“What is an Homeowners Association \(HOA\) and How Does It Work?” by Investopedia.com](#)
- [“The Power of Knowing Your Neighbors” by Erica Pandey](#)
- [“How To Deal With an Angry Neighbor” by AragLegal.com](#)

BOOKS

[We Can Work It Out: Resolving Conflicts Peacefully and Powerfully by Marshall Rosenberg \(book\)](#)

EPISODE 29 PART 2

COMMUNICATING WITH YOUR LANDLORD

1:15:12-1:32:31

- Role of the landlord
- Screening and references
- Shopping for a landlord
- Questions to ask when looking at properties
- Credit history and co-signers
- Damage deposits, contracts and credit

ROLE OF THE TENANT

1:32:31-1:34:52

- On time payments
- Reporting damage and maintaining the property
- Pets

NICOLE'S ADVICE AS A TENANT

1:34:32-1:40:50

RENTER'S RIGHTS

1:40:50-1:45:36

EVICCTIONS

1:45:36-1:54:37

- Summary of rules around evictions
- Importance of paying bills on time
- Impact of evictions on your credit

HOME OWNERS ASSOCIATIONS (HOA)

1:54:37-2:07:32

OUR ADVICE FOR DEALING WITH AN HOA

2:07:32-2:15:19

WORKING WITH YOUR NEIGHBORS

2:15:19-2:31:37

- How to introduce yourself to your neighbors
- Our advice with building relationships with your neighbors
- What to do if there is a conflict