

UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODE 25: PARENTS' ROLE IN
ADULT INDEPENDENCE

SHOW SUMMARY

Transitions can be difficult for those on the spectrum. One of the biggest transitions people with autism face is from living at home to living independently. But what does independence look like? Is independence the same for everyone? In this episode we discuss these ideas and explore different ways we can communicate with our children about adult independence.

Introduction	0:00-3:15
Communicating With Our Children About Adult Independence	3:15-7:35
Four Ways of Thinking Frameworks	7:35-13:06
<ul style="list-style-type: none">• Social• Structural• Conceptual• Analytical	
Montessori Method of Parenting	13:06-16:34
Stanford Medicine on Children's Health: How to Communicate With An Autistic Child	16:34-1:09:25
<ul style="list-style-type: none">• Be patient• Be persistent but resilient• Stay positive• Be affectionate and respectful• Believe in them; not their diagnosis• Take care of yourself as a parent	
Online Resources For Your Child's Independence Journey	1:09:25-1:26:45
<ul style="list-style-type: none">• <i>Preparing Your Child For Adulthood</i>• <i>9 Ways to Build Your Child's Independence</i>• <i>Transition to Adulthood Toolkit</i>	
The Public School's Role In Adult Independence: The Transition IEP	1:26:45-1:56:48
<ul style="list-style-type: none">• Student Profile• Community, financial, self-determination goals, and social skills goals• Yearly and Long Term Goals & Accountability	
Transitional IEP Alternative: Autism Speaks <i>Community Based Skills Assessment</i>	1:56:48-2:01:19
<ul style="list-style-type: none">• Life Aware 12-16 years old• Life Explorer 17-22 years old• Life Seeker 22 years +	

LINKS

["WELCOME TO EMERGENETICS"](#)
(BLOG) EMERGENETICS.ORG

["HOW TO REACH FOUR DIFFERENT KINDS OF THINKERS WITH YOUR CONTENT"](#) (BLOG) FORBES.COM

["WHAT IS MONTESSORI PARENTING?"](#) (BLOG) PARENTINGSCIENCE.TODAY

RESOURCES

[AUTISM PARENTING MAGAZINE](#)

["LIFE SKILLS AND AUTISM" RESOURCES FROM AUTISM SPEAKS:](#)

- What Are Life Skills?
- How To Teach Life Skills?
- Assessing Current Skill Levels
- Using Visual Supports
- How To Build Your Child's Independence

[COMMUNITY BASED SKILLS ASSESSMENT \(CSA\)](#)

[TRANSITION TO ADULTHOOD TOOLKIT](#)

[EXAMPLE OF A TRANSITION IEP FORM \(NEXT STEPS NH\)](#)

BOOKS

[The Perfectionism Workbook](#) by Taylor Hewendorp

[Making Peace With Imperfection](#) by Elliot Cohen

[Adults on the Autism Spectrum Leave the Nest](#) by Nancy Perry



UNDERSTANDING AUTISM

PODCAST

SEASON 2 EPISODE 25: PARENTS' ROLE IN
ADULT INDEPENDENCE

SHOW SUMMARY...CONTINUED

Transitions can be difficult for those on the spectrum. One of the biggest transitions people with autism face is from living at home to living independently. But what does independence look like? Is independence the same for everyone? In this episode we discuss these ideas and explore different ways we can communicate with our children about adult independence.

Common Struggles Parents Encounter In Supporting their Child's Independence	2:01:19-2:18:00
Advice From Experts	2:18:02-2:22:30
Closing	2:22:30-2:24:00

SEASON 2 EPISODE 26: SPECIAL GUESTS DR. DEBORAH WINKING AUTHOR OF RAISING CAPABLE KIDS AND LORI THAYER

Raising Capable Kids brings together the 12 habits you need to set your child up for success regardless of diagnosis. Chapters range from defining what 'capable' means for your child and setting expectations for how others treat your child, to challenging your child in safe ways, and helping your child build a narrative of strength.

We also interview Lori Thayer, wife of co-host Bret Thayer and her thoughts and advice on raising an autistic step-son.

EPISODE 26 SHOW SUMMARY

Interview with Lori Thayer	0:00-1:02:12
Interview with Dr. Deborah Winking	1:02:19-1:34:19
Our Post Interview Thoughts	1:34:32-2:28:39

RESOURCES

[What is Emotional Freedom Technique? \(EFT\)](#) Kaiser Permanente
[Robert G. Smith, Faster EFT Video](#) (Facebook)
Writing Respectfully: [Person First Language](#) (blog)



SPECIAL GUEST



Dr. Deborah Winking
Author of
Raising Capable Kids:

12 HABITS EVERY PARENT NEEDS REGARDLESS OF THEIR CHILD'S LABEL OR CHALLENGE

CapableTheBook.com



[Jessica Kingsley](#)
[Publishers 20%](#)
[discount](#)

Use the code *Capable20*
for 20% off and free
shipping