



# UNDERSTANDING AUTISM PODCAST

SEASON 2 EPISODE 30: TRANSITIONING TO  
LIVING ALONE

## ON-LINE RESOURCES

[“Dealing With Change: A Guide For All Audiences”](#)

[by the National Autistic Society](#)

[“Attachment Theory and Autism Spectrum Disorder”](#) by The Attachment Project.

## BOOKS

[Raising Capable Kids](#) by Dr. Deborah Winking

[ACT Guide For Adult Autism](#) by David Johnson

[Acceptance Commitment Therapy Toolbox](#) by Calvin Caufield

[A Path With Heart](#) by Jack Kornfield

[The Radical Acceptance Workbook](#) by Ava Walters

[Anxious Attachment Recovery](#) by Linda Hill.

[War on Autism](#) by Ann McGuire

## SHOW SUMMARY

Moving out of the house can be overwhelming and scary for the autistic adult as well as for parents and caregivers. In this episode we explore different therapeutic therapies and philosophies that can help us understand the anxiety, mindsets, and mental struggles that both autistic adults and caregivers experience during this difficult transition.

### ➤ INTRODUCTION 0:00-35:42

- What is meant by “failing to launch”?
- When the traditional model of moving out does not apply
- What does it mean to be “ready” to live outside of the parent’s home?
- Why autistic people struggle with transitions
- Sources of stress when living on your own and the ability to manage your mental health

### ➤ INTERNAL FAMILY SYSTEM (IFS) 35:42-56:29

- The Four Universal Parts
- Goals of this philosophy
- How does this apply to an autistic adult’s independence journey?
- How can this help parents better understand their autistic child?

### ➤ POLYVAGAL THEORY 56:29-1:19:34

- The role of our nervous system in our mental health
- Polyvagal Theory and the autistic individual
- Parents’ role
- What is the goal of this theory?
- Therapies or practices that may help to get the nervous system back into balance

### ➤ ACCEPTANCE COMMITMENT THERAPY (ACT) 1:19:34-1:25:27

- How our values shape our mental health and the decisions that we make
- How to use value cards to better understand yourself, others in your life and the challenges you face



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## ACTIVITIES/ VIDEOS

[Miller, C'de Baca, Matthews, and Wilbourne, \*Personal Values Card Sort\* \(pdf\).](#)

[How To Use Value Cards by Therapist Nesh Nikolic. \(YouTube\).](#)

[Disorganized Attachment Audio Workbook by Andy Gardner.](#)

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- **MINDFULNESS TECHNIQUES** 1:25:27-1:28:38
    - Some mental exercises you can do
    - How mindfulness techniques can help you understand your mental state and the impact on your body
    - Meditation as a form of mindfulness
  
  - **RADICAL ACCEPTANCE THEORY** 1:28:38-1:40:15
    - The philosophy behind the theory
    - Buddhist influences on this theory
    - How might this relate to adult independence?
    - Cultural influences on our values
    - Resources for this theory
  
  - **ATTACHMENT THERAPY** 1:40:56-1:49:17
    - The philosophy behind the theory
    - Understanding the parent/child relationship
    - How might this relate to adult independence?
    - Goal of this therapy
  
  - **EXISTENTIAL PHILOSOPHY** 1:49:17-1:56:48
    - The philosophy behind the theory
    - Goal of this theory/ therapy
    - How can this help in understanding feelings around adult independence?
  
  - **CULTURAL RESPONSIVENESS** 1:56:48-2:14:37
    - The philosophy behind the theory
    - Goal of this theory/ therapy
    - How can this help in understanding feelings around adult independence?
  
  - **CONCLUSION** 2:14:37-2:20:01