



## BOOKS AND BLOGS

[Living Independently on the Autism Spectrum](#) by Lynne Soraya

[Adults on the Autism Spectrum Leave the Nest: Achieving Supported Independence](#) by Nancy Perry

[Autism and the Transition to Adulthood](#) by Paul Wehman, Marcia Datlow Smith, Carol Schall.

[“Getting Started With Finding Housing” \(Blog\)](#)

[“What Can Group Homes Offer People With Disabilities?” \(Blog\)](#)

## RESOURCES

[HOUSING MARKET ANALYSIS IN SEVEN STATES](#) FIRST PLACE GLOBAL

### ADAPTED LEARNING CENTERS

[MADISON HOUSE AUTISM FOUNDATION HOUSING RESOURCES](#)

[AUTISM HOUSING NETWORK \(VIDEO OVERVIEW\)](#)

[AUTISM HOUSING NETWORK](#)

[L'ARCHE COMMUNITES](#)

[HOUSING SUPPORT AND LEARNING SERIES \(VIDEOS\)](#)

[ABLE SAVINGS ACCOUNTS](#)

# UNDERSTANDING AUTISM PODCAST

## SEASON 2 EPISODE 33: HOUSING AND TRANSPORTATION

### SHOW SUMMARY

Two of the biggest issues in moving towards adult independence is housing and transportation. This is especially difficult for those who are neurodivergent. In this episode we discuss the pros and cons of different types of housing and the transportation challenge. We also explore some innovative housing solutions, including supported independent living communities.

Introduction	0:00-2:51
The intersection of Housing, Transportation, and Income	2:51-8:34
Nicole’s Reflections on Housing, Transportation, and Income	8:34-19:35
Issues Around Transportation and Housing	19:35-36:49
What Does It Take to Live on Your Own?	36:49-1:23:33
<ul style="list-style-type: none"><li>• What is the right living arrangement for you?<ul style="list-style-type: none"><li>◦ Pros and Cons</li></ul></li><li>• Planning and preparation<ul style="list-style-type: none"><li>◦ What is your level of need and support?</li><li>◦ long term vs. short term</li><li>◦ costs of living on your own</li></ul></li><li>• Do you have a roommate?</li><li>• Prioritizing Responsibilities</li></ul>	
The Nature of the Housing Problem	1:23:33-1:30:05
The Cost of Housing and Sources For Funding	1:30:05-1:33:28
How Housing Has Changed Over Time	1:33:28-1:36:57
Housing Options: Pros and Cons	1:36:57-1:47:27
<ul style="list-style-type: none"><li>• Developmental Centers &amp; Institutions</li><li>• Group Homes/ Adult Day Homes</li><li>• Adult Foster Family Homes</li><li>• Shared Living Living Arrangement</li><li>• Living With a Family Member</li><li>• Renting on Your Own</li><li>• Owning Your Own Home</li></ul>	
An Example of a Supported Independent Living Community	1:47:27-1:56:54
<ul style="list-style-type: none"><li>• Based on community living with supports model</li><li>• The Adaptive Learning Center in Concord, California<ul style="list-style-type: none"><li>◦ Structure and goals</li><li>◦ The value of living with peers</li></ul></li></ul>	
Resources and Closing	1:56:54-2:01:30