

STATE OF CONNECTICUT

# Ages 21 and Older

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## Guide and What You Need to Know

**Connecticut's Division of Autism Spectrum Disorder**

**7/13/2020**

A quick reference checklist and guide for parents and/or caretakers of a child with Autism.

**Connecticut's Division of  
Autism Spectrum Disorder  
Services**



# Ages 21 and Older

**Medical and Related Information**

- Understand the current diagnostic criteria for Autism Spectrum Disorder pg.4
- Learn about evidenced-based practices and therapies pg.4
- Getting Evaluated for Autism as an Adult pg.4
- Explore behavioral supports if necessary pg.5
- Develop a system to organize your paperwork pg.6

**Assistive Technology**

- Learn about assistive technology devices and adaptations pg.7
- Explore financial assistance for assistive technology pg.7

**Education**

- Apply to the Bureau of Rehabilitation Services (BRS) [www.ct.gov/brs](http://www.ct.gov/brs) pg.8
- Explore postsecondary options pg.10

**Employment**

- Develop employment skills and gain employment experiences, either paid or volunteer pg.11
- Obtain resources that include a list of skills and competencies pg.12
- Learn about “soft skills” needed for employment (i.e. being able to accept direction, return from breaks on time, dressing appropriately for work) pg.12
- Create a resume that includes a list of skills and competencies pg.12
- Explore employment services and opportunities pg.13
- Explore volunteer opportunities pg.14
- Make a decision about disclosure of diagnosis pg.14

**Life Skills**

- Be aware of personal hygiene and healthcare needs pg.15
- Learn about money management skills pg.15

- Learn how to manage simple daily living activities (i.e. operating microwave, doing laundry, cleaning) pg.15

### **Safety**

- Understand internet and technology safety pg.15
- Understand community and relationship safety pg.16

### **Social**

- Learn appropriate social skills pg.16
- Learn about sexuality and relationships pg.16
- Participate in recreational and leisure activities pg. 16

### **Funding for Services and Legal Issues**

- Apply to the Department of Social Services Division of Autism Spectrum Services [www.ct.gov/dda](http://www.ct.gov/dda) (Eligibility still determined through Department of Developmental Services) pg.16
- Understand what it means to move from Entitlement to Eligibility pg.17
- Apply for Social Security benefits [www.ssa.gov](http://www.ssa.gov) pg.17
- Apply for Medicaid at your local Department of Social Services office or at <http://www.ct.gov/hh/site/default.asp> pg.17
- Apply for Community First Choice (if applicable) [www.ctmfp.com](http://www.ctmfp.com) pg.18
- Explore insurance coverage for autism services up to the age of 21 pg.18
  - Autism Spectrum Disorder services under Medicaid/HUSKY A, C & D—Beacon Health Options  
1-877-552-8247
- Direct question regarding ASD insurance issues to the Office of the Healthcare Advocate  
1-866-466-4446 pg.19
- Explore the legal implications of reaching age 18 (Conservatorship) pg.19
- Learn about life planning tools pg.20
  - Achieving a Better Life Experience(ABLE) Act
  - Special needs trusts
- Develop a system to organize financial and legal records pg.20

### **Support**

- Network with others at support groups pg.20
- Investigate support groups for adults pg.21
- Identify your support system pg.28
- Take care of yourself, your spouse and your other children pg.28

### **Transportation**

- Explore transportation options including public transportation, mobility, and driver’s license pg.29
- Obtain a Connecticut Non-Driver Identification Card through the Connecticut Department of Motor Vehicles pg.29

### **Advocacy**

- Make a decision about disclosure of diagnosis pg.30

- Learn self-advocacy skills pg.31
- Have an understanding of the Americans with Disabilities Act (ADA) pg.31

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## Medical and Related Information

### Understand the Current Diagnostic Criteria for Autism Spectrum Disorder

The DSM-5 is now the standard reference that healthcare providers use to diagnose mental and behavioral conditions. Understand the current diagnostic criteria for ASD by visiting Autism Speaks website at <https://www.autismspeaks.org/dsm-5-criteria>

### Learn about Evidenced-based Practices and Therapies

The EBP is an intervention and instructional practices or programs having scientific evidence that shows that they are effective. To know more please visit the **Organization For Autism Research** website at <https://researchautism.org/use-of-evidence-based-practices/>.

Visit the **The National Professional Development Center on Autism Spectrum Disorder** website at <https://autismpdc.fpg.unc.edu/evidence-based-practices> to select an Evidence Based Practice module which provides an overview and general description, step-by-step instruction of implementation, an implementation checklist, and the evidence-base which includes the list of references that demonstrate the practice meets the NPDC's criteria.

### Getting Evaluated for Autism as an Adult

**Autism Speaks** provides an article for individuals looking for an autism diagnoses as an adult. Finding someone qualified to evaluate an adult with ASD are few. Autism Speaks provides information for adults who believe they are on the spectrum <https://www.autismspeaks.org/expert-opinion/getting-evaluated-autism-adult-where-go-who-see>. You can download an Autism guide for adults at <https://www.autismspeaks.org/tool-kit/it-autism-and-if-so-what-next-guide-adults>

**Autism Speaks** has made available a self-assessment questionnaire for adults who believe they may have autism. This test itself cannot diagnose autism since the questionnaire only explores repetitive and restrictive behaviors which are just one of many symptoms of autism. Someone who learns they may have repetitive and/or restrictive behaviors may be prompted to get help <https://www.autismspeaks.org/science-news/researchers-develop-first-autism-symptom-self-assessment-adults>

Since there are few clinicians who specialize in evaluating and treating adults with autism, try contacting:

- Developmental pediatrician
- Child psychiatrist
- Pediatric Neurologist
- Neuropsychologist

## Explore Behavioral Supports if Necessary

People with Autism may display behaviors that are challenging to understand or manage. **Autism Speaks** offers *The Challenging Behaviors Tool Kit* which provides strategies and resources to address challenging behaviors and help support you during difficult times. To download a FREE toolkit, visit <https://www.autismspeaks.org/tool-kit/challenging-behaviors-tool-kit>

### For additional support consider:

Clinical Behavioral Supports- Services that assist natural support persons and/or paid support staff in carrying out individual support plans, which are not covered by the Medicaid State Plan, necessary to improve the individual's independence and inclusion in their community. The services include descriptive behavioral assessments including functional analysis, interpretations of the results, development of a behavioral treatment plan, training of support staff and family to carry out the plan, and monitoring of the individual and the provider in the implementation of the plan.

Social Skills Groups- Weekly group sessions of between **4-6** individuals to work on specific social skills. Facilitated by a clinical psychologist.

Job Coaching- Could include work, volunteer and apprenticeship experiences. Includes activities to support:

- Stabilization with job
- Measurement of production, social abilities, essentials and independence at the job
- Job satisfaction
- Social skills training, practice scripts and social autopsy
- Monitoring job performance
- Assessment of interests, strengths and opportunities for employment
- Training in activities to secure and sustain employment: interviewing skills, workplace etiquette, workplace culture, travel training
- Job development
- Task analysis
- Job analysis, natural supports at worksite

Life Skills Coaching- Assist with the acquisition, improvement and/or retention of skills and provide necessary support to achieve personal outcomes that enhance an individual's ability to live in their community as specified in the individual service plan. This service is intended for specific instruction and training in a personal outcome. Provision of the service may be limited to the person's own or family home and/or in their community. This service is expected to coordinate strategies with all other service providers and to adjust strategies as needed. This service may be self-directed or provided through a qualified agency.

Examples include:

- Instruction and training in one or more need areas

- Implementation of strategies to address needs identified in the Individual Service Plan.
- Data collection on target strategies
- Implementation of therapeutic recommendations including speech, communication, social skills, leisure/recreation skills, O.T., P.T.
- Identification and adjustment of strategies as needed
- Ongoing communication with service coordinator and all other service providers pertaining to implementation of strategies.
- Mobility training
- Adaptive communication training
- Provide training or practice in basic consumer skills such as banking, budgeting, and shopping.
- Provide instruction and training in one or more need areas to enhance the person's ability to live independently in their own home, and enhance the individual's ability to access in the community
- Assist the individual to complete daily living activities, or to access the community.
- Periodic telephone or e-mail communication with individual receiving services as specified in plan

Community Mentor- Assistance necessary to meet the individual's day-to-day activity and daily living needs and to reasonably assure adequate support at home and in the community to carry out personal outcomes. Cueing and supervision of activities is included. Examples include:

- Providing social interactions
- Assistance to or supervising the individual with such tasks as light housekeeping, meal preparation, laundry or shopping
- Assistance to access and attend community activities such as accompanying the individual while traveling to activities or helping the individual to access leisure activities.
- May provide some intermittent checking in by telephone call during periods of absence from the caregiver.

## Develop a System to Organize Your Paperwork

There are numerous non-related autism organizations and websites providing useful information related to records management. There may not be too many things more frustrating than looking for an important health document or a school record from a few years ago. When the need presents itself, be prepared by developing a system of organizing your documents that works for you.

**The Balance Careers** offers tips on organizing the most important documents you possess such as home and property records, auto records, health records, financial records, electronics, and personal records. Visit <https://www.thebalancecareers.com/how-to-organize-your-paperwork-3544878>

**Busy Creating Memories** offers ideas and a guide of materials you can use and documents you might want to save in an article titled "*The Best Way to Organize Important Papers & Documents*" <https://busycreatingmemories.com/organize-important-papers/>

## Assistive Technology

### Learn about Assistive Technology Devices and Adaptations

Assistive technologies can be used to support and enhance communication for people with autism with or without speech impairments. **Autism Speaks** offers an **Assistive Technology for Communication Roadmap** to help individuals learn how to start using assistive technologies for communication <https://www.autismspeaks.org/worksheet/assistive-technology-communication-roadmap> or call the Autism Response Team at 1-888-288-4762.

**NEAT Marketplace** (New England Assistive Technology Center)- Provides information, assistive technology assessments, instruction and demonstration of the latest adaptive equipment [www.neatmarketplace.org](http://www.neatmarketplace.org)

**Assistive Technology Corner at State Education Resource Center (SERC)**- Displays of low, mid and high tech AT devices Contact them at 860-632-1485 x4 or [library@ct.serc.org](mailto:library@ct.serc.org)

**Connecticut Assistive Technology Guidelines**- Guidelines for considering, implementing, and evaluating assistive technologies from low- to high-tech [www.ct.gov/sde](http://www.ct.gov/sde) Link "Forms and Publications">Publications

**Augmentative and Alternative Communication (AAC) Connecting Young Kids (YAACK)**- Provides information and guidance to families and professionals, covering a wide range of topics dealing with AAC for children at various ages and stages of communicating abilities [http://www.childdevelopmentprograms.ca/resource\\_category/augmentative-and-alternative-communication/](http://www.childdevelopmentprograms.ca/resource_category/augmentative-and-alternative-communication/)

**Center on Technology and Disability**- Assists families and professionals in advocating, acquiring and implementing effective assistive and instructional technology practices, devices and services as well as offers an extensive library and an interactive learning center [www.ctdinstitute.org](http://www.ctdinstitute.org)

### Explore Financial Assistance for Assistive Technology

**Aid for Autistic Children & Families**- If you need help paying for autism related hospital bills, therapies, early intervention, adult late intervention or any obstructive debt resulting from decisions made in an effort to structure one's life routine around care for an autistic child or loved one. <http://www.aacfinc.org/contact.html>

**Autism Care Today**- Provides financial assistance for services that the person would otherwise not be able to afford. Areas of support include but are not limited to: ABA Therapy, Assistive Technology, Medical Testing & Treatments, Speech and Occupational Therapy, Safety Equipment, Summer and Social Programs, and Quality of Life Supports <http://www.act-today.org/our-funds/autism-care-today/>

**Autism Family Resource Grants**- One-time \$500 grants are awarded to families in financial need; household income may not exceed \$50,000 per year. All funds awarded are paid directly to the vendor



or service provider to pay for therapy equipment, safety equipment or services. Email requests for an application along with name, address, phone number and email address to:

[info@autismfamilyresources.org](mailto:info@autismfamilyresources.org)

**Jaden's Voice-** Provides funding to families affected by Autism Spectrum Disorder. Our assistance supports a family's immediate expenses related to the well-being of the family member diagnosed with autism on a case-by-case basis. Examples include: effective treatments, assessments, adults who are actively looking for employment or need additional supports, graduate minority students specializing in autism in the areas of speech, behavior or occupational therapy, parent groups, etc.

<http://jadensvoice.org/jadens-voice-cares-grant-program/>

**Medic Alert Foundation-** Autism Medical IDS & 24/7 wandering support services

<https://www.medicalert.org/autism#importance-of-autism-wandering-support-services> or

1.800.432.5378

**National Autism Association-** Provide Communication devices to individuals with autism who are non-verbal or minimally verbal, and whose communication challenges put them at increased risk of injury or harm <http://nationalautismassociation.org/family-support/programs/naas-give-a-voice-program/>

**Organization for Autism Research-** provides a tool kit and assist with fundraising for services needed. 1-866-366-9710

**Pervis Jackson Jr Autism Foundation-** Pervis Jackson Jr Autism Foundation helps needy parents of children with disabilities to get respite or other support services. Grants can be used for Camp Sessions, Respite of Parent's Choice, Cleaning Help, Cooking Help, Spa Day, Urgent Bills, and Other Parent Needs

[www.pjraf.org](http://www.pjraf.org)

## Education

### Apply to the Bureau of Rehabilitation Services (BRS)

The **Bureau of Rehabilitation Services** assist individuals with physical and/or mental disabilities prepare for, find, and maintain employment.

*Vocational Rehabilitation Program*—Department of Rehabilitation Services provides vocational services to people with disabilities to help them prepare for, find, and keep employment. Services may include:

- Vocational counseling
- Job search assistance
- On the job training in business and industry
- Skills training and career education in vocational and other schools
- Assistive technology services
- Vehicle and home modifications

- Supported employment services
- Services to assist in restoring or improving a physical or mental condition
- Services to support an employment plan, such as transportation.

If you receive SSI or SSDI, you can speak with a Community Work Incentive Coordinator (CWIC) at BRS to discuss how employment will affect your benefits. You may be able to work and still receive benefits depending on your earnings. You can contact the closest BRS office to you and request to speak with a Benefits Specialist:

Greater Hartford and Willimantic: (860) 723-1400;  
 Greater New Britain and Meriden (860) 612-3569;  
 Greater New Haven and Middletown (203) 974-3000;  
 Greater New London and Norwich (860) 439-7686;  
 Fairfield County and Danbury (203) 551-5500;  
 Greater Waterbury and Torrington (203) 578-4550.  
 Spanish-speaking Benefits Specialists are available.

*Connect-Ability*- Statewide initiative connects Connecticut employers with people with disabilities who seek employment. The initiative's mission is to help employers focus on a person's abilities, not his/her disabilities. Also available on the website are free online e-learning trainings for job seekers with disabilities. Trainings include financial literacy, soft skills training and employment readiness.

*Driver Training Program*- Program is for any qualified permanent Connecticut resident who requires special equipment in order to operate a motor vehicle.

**Requirements**

You may be eligible for the Driver Training Program (DTP) if you:

- Are a permanent Connecticut resident;
- Have a **physical disability** which requires special equipment to operate a motor vehicle;
- Received medical clearance from the DMV Driver Services Division
- Have a [valid license or, if you are a new driver, have a valid Learner's Permit](#);
- Complied with the [DMV](#) identification, residency, vision screening, knowledge testing and driver education requirements; and
- Are able to independently transfer from your wheelchair (if you use one) to the driver's seat of the DTP training vehicle. Or, we will provide the training in your own specially-equipped vehicle that has already been modified to accommodate your wheelchair. All vehicles used for training shall be properly registered, insured, and equipped with an instructor's brake.

**SPECIAL NOTE:** If you need accommodations **OTHER THAN** for a physical disability to obtain a driver's license, [contact the DMV for assistance](#).

*The Independent Living Program*- The Bureau's Independent Living (IL) program provides comprehensive independent living services, through contracts with Connecticut's five community-based independent living centers (ILCs). These centers promote empowerment and self-reliance for persons with disabilities. There are four core services provided by an independent living center: Peer support, Information and Referral, individual and systems advocacy, and independent living skills training.

For more information visit <https://www.ct.gov/brs/site/default.asp>

## Explore Postsecondary Education Options

**“Navigating College -A Project of the Autistic Self Advocacy Network”**-A free downloadable guide offering a step-by-step look at college life for those with ASD <http://www.navigatingcollege.org/>

**Organization for Autism Research**- has a publication titled *Finding Your Way: A College Guide for Students on the Spectrum* is intended to help students with ASD become better prepared for college life and academics <https://researchautism.org/findingyourway/>

**Autism Speaks**- provides a postsecondary opportunities guide to help individuals with autism and their families explore different opportunities and learning environment after leaving high school <https://www.autismspeaks.org/postsecondary-education>

**Centers for Independent Living**- The Bureau's Independent Living (IL) program provides comprehensive independent living services, through contracts with Connecticut's five community-based independent living centers (ILCs). These centers promote empowerment and self-reliance for persons with disabilities. There are four core services provided by an independent living center: Peer support, Information and Referral, individual and systems advocacy, independent living skills training

- Access Independence, <http://accessinct.org/>
- Disabilities Network of Eastern Connecticut, <http://www.dnec.org/>;
- Center for Disability Rights, <http://cdr-ct.org/>;
- Independence Northwest, <http://www.independencenorthwest.org/>
- Independence Unlimited, <http://independenceunlimited.org/>

**American Job Corps**- Job Corps is a federal residential education and job training program for at-risk young men and women, ages 16 through 24. Job Corps is a public-private partnership administered by the United States Department of Labor. The program provides disadvantaged young people with academic, vocational and social skills training they need to gain independence and get quality, long-term jobs or further their education. **For further information, contact the Connecticut Job Corps Centers in Connecticut:** <http://www.ctdol.state.ct.us/jobcorps/index.html>

SOURCE: 211 eLibrary website <https://uwc.211ct.org/job-corps/>

**Workforce Investment and Opportunity Act (WIOA)**- WIOA authorizes career services, job training and education programs and services for eligible youth and adults. Key components of this reform include streamlining services through a One-Stop service delivery system, through the Connecticut Department of Labor, [American Job Center's](#), empowering individuals through information and access to training resources through partnerships with state, regional and local organizations to promote a universal approach to providing effective workforce assistance to job seekers and businesses.

*SOURCE:* 211 eLibrary website <https://uwc.211ct.org/workforce-investment-act-wia/>

**Supported Employment-** Supported employment programs help people with disabilities to find and keep employment in the competitive labor force. Community based organizations such as local ARCs (Associations for Retarded Citizens), Goodwill Industries, the Mental Health Association of Connecticut and the Connecticut Institute for the Blind provide supported employment services as well as other vocational supports. Services are provided at no cost to people with disabilities who receive services through one of the state agencies listed below. Must have a disability that results in a significant barrier to employment and must need support services to find and retain employment in the competitive labor force. For needs assessment and linkage to appropriate vocational rehabilitation programs, contact one of the following state agencies:

- [Bureau of Rehabilitation Services \(BRS\)](#)
- [Board of Education and Services for the Blind \(BESB\)](#)
- [Department of Rehabilitative Services \(DORS\)](#)

*SOURCE:* 211 eLibrary website <https://uwc.211ct.org/supported-employment/>

**Vocational Rehabilitation-** refer to page 8 '[Apply to the Bureau of Rehabilitation Services \(BRS\)](#)'

## Employment

### Develop Employment Skills and Make Sure your Young Adult has Employment Experiences, Either Paid or Volunteer

The **State of Connecticut Department of Rehabilitation Services** has the Connect-Ability program and offers information, tools and technical assistance to job seekers as well as e-learning modules on skills related to accessing employment [www.ct.gov/connect-ability](http://www.ct.gov/connect-ability) or call 1-866-844-1903

**Autism Speaks** provides an employment tool kit to help with researching, finding and keeping employment <https://www.autismspeaks.org/sites/default/files/2018-08/Employment%20Tool%20Kit.pdf>

**United Way of Connecticut 2-1-1 Infoline** has an extensive database which lists agencies offering volunteer opportunities, summer job opportunities, and job training programs throughout the state 2-1-1 (1-800-203-1234) or [www.211ct.org](http://www.211ct.org)

## Obtain Resources that Includes a List of Skills and Competencies

**Connecticut Division of Autism Spectrum Disorder Services** – has on its website a life skills inventory checklist which allows individuals to grade their level of knowledge and function for the following categories: personal care, health care, food management, housekeeping, household maintenance, money management/banking, community safety, transportation, phone use, internet use, time management, career/employment, community skills/resources, leisure skills, legal issues, social skills, and health relationships [https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Autism-Spectrum-Disorder/Lifeskills\\_Inventory.pdf?la=en](https://portal.ct.gov/-/media/Departments-and-Agencies/DSS/Health-and-Home-Care/Autism-Spectrum-Disorder/Lifeskills_Inventory.pdf?la=en). This will allow individuals to be self-aware of strengths and areas in need of improvement.

**The Connecticut Department of Labor** – provides tips for job seekers on finding a job with skills they already have. This information can be used to assist individuals with creating a list of skills they currently have <https://www.ctdol.state.ct.us/progsupt/jobsvrce/skills.htm>

**Autism Spectrum Australia**- Provides a list of skills for the workplace and tips on how to improve these skills <http://www.autismlaunchpad.org.au/work/workplace-skills/>

## Learn About “Soft Skills” needed for Employment (i.e. being on time, dressing appropriately, taking directions)

**Monster** provides information about soft skills to help an individual’s career <https://www.monster.com/career-advice/article/soft-skills-you-need>

**Careerbuilder** provides helpful tips about what to wear to an interview <https://www.careerbuilder.com/advice/what-to-wear-for-different-job-interviews-based-on-the-company>

**Autism Spectrum Australia** website has a list of skills for the workplace thought to be important and tips on how to improve these skills <http://www.autismlaunchpad.org.au/work/workplace-skills/>

**Car Autism Roadmap**- So you have been called about a job you applied for. What next? This website provides helpful tips to prepare for the interview <https://www.carautismroadmap.org/preparing-for-a-job-interview/>

## Create a Resume that includes a list of Skills and Competencies

**Organization for Autism Research**- provides tips on writing a resume in an article titled ‘Writing a Resume- Where to Begin?’ Also provides samples of a resume and a link to view a step-by-step breakdown of a resume <https://researchautism.org/writing-a-resume-where-to-begin/>

**Careerbuilder** provides an Article titled 'Effective strategies for job seekers with autism'. Article provides tips on including skills within the resume that match the company goals and shows how your skills will benefit the company <https://www.careerbuilder.com/advice/effective-strategies-for-job-seekers-with-autism>

**Autism Speaks** has a downloadable 'Employment Toolkit' that provides employment information for individuals with ASD including information on completing resumes, cover letters and applications <https://www.autismspeaks.org/employment>

## Explore Employment Services and Opportunities

**Autism Speaks** provides an Employment tool kit for job seekers with autism. Provided within the packet are topics ranging from self-advocacy to your employment rights or job interviewing techniques to creating your cover letter <https://www.autismspeaks.org/job-seekers-autism>

**TheSpectrumCareers.com** A tool for job seekers with Autism and the business community <https://www.thespectrumcareers.com/>

**Job Accommodation Network (JAN)** offers free, expert, and confidential guidance on workplace accommodations and disability employment issues <https://askjan.org/>

You can refer to page 10 'Explore Postsecondary Education Options'

**State of Connecticut Department of Rehabilitation Services Connect-Ability** program is a statewide initiative connecting Connecticut employers with people with disabilities. Also available on the website are free online e-learning trainings for job seekers with disabilities. Trainings include financial literacy, soft skills training and employment readiness. Call 203-578-4550 or <http://www.ct.gov/connect-ability/site/default.asp>

The following table lists employers who hire individuals with disabilities with some specifically hiring individuals with autism.

Job Seekers and Employers- Autism Friendly Companies				
Organization	Service Description	Address	Phone Number	Website
Autism Speaks	Autism Speaks offers an employment toolkit for job seekers with ASD and its website contains a listing of companies known to hire individuals on the spectrum.	locations vary	1-888-288-4762	<a href="https://www.autismspeaks.org/job-seekers-autism">https://www.autismspeaks.org/job-seekers-autism</a>
Dealhack	The Dealhack Persons with Disabilities Discounts Guide provides a list of companies and organizations offering discounts for persons with disabilities. Also provides a listing of agencies known to hire individuals with disabilities.	140 Broadview Ave. Suite 31, Toronto, ON, Canada M4M 0A8	1-646-494-9242	<a href="https://dealhack.com/blog/disability-discount-guide">https://dealhack.com/blog/disability-discount-guide</a>
Disability: IN	The Autism @ Work Employer Rountable consist of companies who have created initiatives to hire individuals on the spectrum. DEI has created The Autism @ Work Playbook which used results from studying four leading employers: Microsoft, SAP, JP Morgan Chase and EY. The research focused on key organizational strategies, employment and	3000 Potomac Avenue, Alexandria, VA 22305	n/a	<a href="https://disabilityin.org/what-we-do/autism-employer-roundtable/">https://disabilityin.org/what-we-do/autism-employer-roundtable/</a>

	resourcing models, and hiring and onboarding practices.			
<b>Disability: IN</b>	Provides a listing of companies that are able to provide consultation and assist with Autism Hiring Programs.	3000 Potomac Avenue, Alexandria, VA 22305	n/a	<a href="https://disabilityin.org/what-we-do/committees/autism-at-work-roundtable/session-materials/">https://disabilityin.org/what-we-do/committees/autism-at-work-roundtable/session-materials/</a>
<b>Disability: IN</b>	The Autism @ Work Employer Rountable offers a job marketplace to provide an easy way for individuals to view a listing of autism friendly companies, types of roles and skill sets needed to apply.	3000 Potomac Avenue, Alexandria, VA 22305	n/a	<a href="https://sway.office.com/g7Bf55MlfpA9zD9?loc=swsp">https://sway.office.com/g7Bf55MlfpA9zD9?loc=swsp</a>
<b>Disability: IN</b>	Disability: IN provides participating companies with unlimited, customized, virtual and on-site consulting for disability inclusion in the workplace.	3000 Potomac Avenue, Alexandria, VA 22305	n/a	<a href="https://disabilityin.org/what-we-do/inclusion-works/">https://disabilityin.org/what-we-do/inclusion-works/</a>
<b>Disability: IN</b>	The Resume Database provides an easy way for employers to search for potential hires and view their resumes.	3000 Potomac Avenue, Alexandria, VA 22305	n/a	<a href="https://resumefatabase.disabilityin.org/">https://resumefatabase.disabilityin.org/</a>
<b>Getting Hired</b>	A web tool used to assist individuals with disabilities find employment	n/a	1-866-352-7481	<a href="https://www.gettinghired.com/">https://www.gettinghired.com/</a>
<b>State of CT Department of Rehabilitation Services- CONNECT-ABILITY</b>	Statewide initiative connects employers in Connecticut with individuals with disabilities. Consultation is available by regions. Also available on the website are free online e-learning trainings for job seekers with disabilities. Trainings include financial literacy, soft skills training and employment readiness.	55 Farmington Avenue, 12th Floor, Hartford, CT 06105	1-866-844-1903	<a href="https://www.211ct.org/search/44620406">https://www.211ct.org/search/44620406</a>
<b>TheSpectrumCare.com</b>	A tool for job seekers with autism and the business community. Employers can view individual qualifications and resumes.	n/a	860-424-4844	<a href="https://www.thespectrumcareers.com/">https://www.thespectrumcareers.com/</a>

## Explore Volunteer Opportunities

**United Way of Connecticut 2-1-1 Infoline** has an extensive database which lists agencies offering volunteer opportunities throughout the state 2-1-1 (1-800-203-1234) or [www.211ct.org](http://www.211ct.org)

Although the following article explains why teens may benefit from volunteering by gaining work readiness skills, the experience one gains from volunteering can be applied across the lifespan. Read the following article from the **Johns Hopkins All Children's Hospital** website at <https://www.hopkinsallchildrens.org/ACH-News/General-News/Volunteering-Helps-Teens-with-Autism-Spectrum-Diso>

## Make a Decision About Disclosure of Diagnoses

It's no secret individuals with autism view, experience, and process the world around them differently than their peers without autism. The disclosure of an autism diagnoses may be beneficial for certain workplace accommodations but can also negatively impact you since there are many stereotypes and biases lingering within today's society.

**Car Autism Roadmap** – offers an article titled ‘*To Tell or Not to Tell: Issues of Disclosure in the Workplace*’. Article discusses the pros and cons of disclosing your autism diagnoses.  
<https://www.carautismroadmap.org/to-tell-or-not-to-tell-issues-of-disclosure-in-the-workplace/?print=pdf>

## Life Skills

### Be Aware of Personal Hygiene and Healthcare Needs

**Ambitious About Autism**- Article providing information related to hygiene and things to consider when its regarding an individual with autism <https://www.ambitiousaboutautism.org.uk/understanding-autism/health/hygiene>

**Adulting with Autism** – does provide an article of someone’s personal experiences and tips to brushing and showering <http://adultingwithautism.com/why-i-struggle-with-teeth-brushing-and-showering>

### Learn about Money Management Skills

**The Pennsylvania Assistive Technology Foundation in conjunction with Widener University** created a guide related to money management titled “*Cents and Sensibility: A guide to money management for people with disabilities*” <https://fliconline.org/documents/patffinancialeducationbooklet-final.pdf>

### Learn how to Manage Simple Daily Living Activities (i.e. operating microwave, doing laundry, cleaning)

**Talking About Curing Autism**- has a guide on how to break down and teach different chores by age group <https://tacanow.org/family-resources/developing-lifeskills-chores/>

## Safety

### Understand Internet and Technology Safety

**Center on Secondary Education for Students with ASD**- provides an article titled ‘Internet Safety for Teens with ASD’ which provides information on internet safety and cyberbullying. Some of the following information can be applied to adults on the spectrum  
<https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Internet%20Safety%20for%20Adolescents%20with%20Autism.pdf>

**Raisingchild.net.au**- provides videos which discuss a wide range of topics related to bullying and cyberbullying <https://raisingchildren.net.au/teens/videos>

**Virginia Department of Education Center on Transition**- has published an article title ‘*Promoting Internet Safety Among Users with Autism Spectrum Disorders*’. Discusses the factors and risks associated



with internet use and tips on how to provide instruction

<https://centerontransition.org/publications/download.cfm?id=34>

## Understand Community and Relationship Safety

The **Organization For Autism Research** – A guide composed from parents, first responders, educators, and community members, who shared their strategies and resources to address safety threats that commonly arise during childhood, adolescence, and adulthood. This autism safety resource will educate parents about how to prevent and mitigate emergency events, safety threats that may affect their child in the future, and how to teach safety habits that will build a foundation for safety in adulthood

<https://researchautism.org/resources/a-guide-to-safety/>

## Social

### Learn Appropriate Social Skills

**Autism Speaks**- provides information about social skills, what social skills consist of, the importance of social skills, and some tips on building social skills. Offers a directory of *social skills programs* in your community. <https://www.autismspeaks.org/social-skills-and-autism>

To obtain a listing of *DSS Approved Autism providers* offering life/social skills coaching, you may contact an Autism Support and Resource Specialist at 860-424-5677 or 860-424-5567.

### Learn about Sexuality and Relationships

**Autism Research Institute**- website has an article providing information related to socialization of sexuality which can provide the foundation for sexual identity

[https://www.autism.com/understanding\\_social\\_sexual](https://www.autism.com/understanding_social_sexual)

### Participate in Recreational and Leisure Activities

The **Connecticut Still Revolutionary** website provides a listing of statewide activities held each week for individuals and families of all ages



[http://www.ctvisit.com/?utm\\_source=Google&utm\\_medium=Paid\\_Search&utm\\_content=Winter2019&utm\\_campaign=Brand&gclid=EAlalQobChMlyYfm-bal4AIVDK\\_ICh2irwqwEAAAYASAAEgJijfD\\_BwE](http://www.ctvisit.com/?utm_source=Google&utm_medium=Paid_Search&utm_content=Winter2019&utm_campaign=Brand&gclid=EAlalQobChMlyYfm-bal4AIVDK_ICh2irwqwEAAAYASAAEgJijfD_BwE)

**Autistic and Unapologetic**- offers ideas for 20 hobbies, activities and sports that are ideal for individuals with autism <https://autisticandunapologetic.com/2018/01/27/20-ideal-hobbies-activities-and-sports-for-people-with-autism/>

## Funding for Services and Legal Issues

### Apply to the Department of Social Services Division of Autism Spectrum Services

Visit [www.ct.gov/dda](http://www.ct.gov/dda) (Eligibility is still determined through the Department of Developmental Services).

- Left hand side select 'Divisions' > DSS Autism Spectrum Services (This is at DSS) > Eligibility > scroll down and select 'Please Follow this link for eligibility application'
- Or
- From the DDS homepage [www.ct.gov/dds](http://www.ct.gov/dds)- Left hand side select 'Families' > select the 'Early Childhood' icon  > select the DDS Eligibility box  > then select [Application for Someone with Autism and NO Intellectual Disability over the age of 3](#) > select 'Autism Eligibility > Application'
- [Application for Someone with Autism and NO Intellectual Disability over the age of 3](#) > select 'Autism Eligibility > Application'

## Understand What it Means to move from Entitlement to Eligibility

According to The Individuals with Disabilities Education Act (IDEA), once your child either earns a high school diploma or a Certificate of Program Completion, this means that public education is now complete. Your child has transitioned from the stage of Entitlement to the stage of Eligibility.

**Pathfinders for Autism** website contains information related to Entitlement vs. Eligibility

<https://pathfindersforautism.org/articles/maryland-services/the-dilemma-of-entitlement-vs-eligibility/>

## Apply for Social Security benefits

Cash payments for low income older adults, ages 65+, or for people with a physical or mental impairment expected to last at least 1 year or to result in death, are made to assure an income. Low birth weight infants weighing less than 1200 grams (2 pounds 10 ounces) at birth may be eligible for presumptive disability payments. Up to 6 months of PD payments may be made to an infant who is age 6 months or younger at the time of the PD finding and whose birth certificate or other evidence indicates a birth weight of less than 1200 grams. Call 1-877-405-4874 or visit [www.ssa.gov](http://www.ssa.gov)

*SOURCE:* UWC 211 Website

You can apply online at <https://www.ssa.gov/benefits/ssi/>. Once you finish the online process, a Social Security representative will contact you for any additional information needed for the applications. You can also call 1-877-405-4874.

## Apply for Medicaid at your Local Department of Social Services

Medicaid is a wide-ranging health insurance program for low-income individuals of all ages. Jointly funded by the state and federal government, it provides health coverage for various groups of Connecticut residents, including pregnant women, parents and caretaker relatives, adults with no dependent children, disabled individuals, and seniors. However, this page is focused strictly on Medicaid

eligibility for Connecticut elders, aged 65 and over, and specifically for long term care, whether that be at home, in an adult foster care home, in a nursing home, or in an assisted living facility.

Medicaid in Connecticut is also called HUSKY Health, and Medicaid for state residents who are aged, blind & disabled is called HUSKY C.

*SOURCE:* American Council on Aging <https://www.medicaidplanningassistance.org/medicaid-eligibility-connecticut>

- Households and individuals who wish to apply for or renew health coverage for children (HUSKY A & B); parents with dependent children (HUSKY A); caretakers/guardians of minor children (HUSKY A); pregnant women (HUSKY A); and adults under 65 **without** dependent children (HUSKY D), can apply online at [www.accesshealthct.com](http://www.accesshealthct.com) or call 1-855-805-4325.
- Households and individuals who are over 65 and older, blind or with disability and wish to apply for or renew Medicaid (HUSKY C) or Medicaid for Employees with Disabilities (MED-Connect) can apply online at [www.connect.ct.gov](http://www.connect.ct.gov), under 'Apply for Benefits' or by calling the DSS Client Information and Benefits Center Line 1-855-626-6632.

### Apply for Community First Choice (if Applicable)

State community care supported program offered to active Medicaid and eligible Medicare members as part of the Affordable Care Act, assists individuals to receive Personal Attendant Care (PCA) supports and services in their home. Community First Choice (CFC) services can include, but not limited to, assistance with activities of daily living (bathing, dressing, transferring, etc.), meal planning and preparation, shopping for food, clothing, and other essential items, and performing essential household chores. Program will cover eligible individuals in residential settings including individual homes, apartment buildings, retirement homes, and group living environments that meet Community First Choice Residential Criteria. You can apply online at <http://ctmfp.com> or call 1-888-992-8637

*SOURCE:* 211 UWC website <https://www.211ct.org/search/27883189>

### Explore Insurance Coverage for Autism Services up to the Age of 21

**Autism Speaks** Initiative provides answers to frequently asked questions about the Autism Insurance Reform Law and what you need to know [http://advocacy.autismspeaks.org/atf/cf/%7B2A179B73-96E2-44C3-8816-1B1C0BE5334B%7D/Connecticut\\_FAQs.pdf](http://advocacy.autismspeaks.org/atf/cf/%7B2A179B73-96E2-44C3-8816-1B1C0BE5334B%7D/Connecticut_FAQs.pdf)

**Beacon Health Options** (1-877-552-8247) offers clinical mental health and substance use disorder management, a comprehensive employee assistance program, work/life support, specialty programs for autism and depression, and insightful analytics to improve the delivery of care. Beacon manages the autism spectrum disorder (ASD) benefits for Medicaid beneficiaries who have Husky A, C, and D and are under age 21. A feature of the program provides access to a Beacon Peer Specialist and Care Coordinators to assist with explaining benefits covered under Medicaid, helping families navigate the

health care system, and coordinating non-traditional services

<https://www.beaconhealthoptions.com/who-we-are/>

## Direct Questions Regarding ASD Insurance Issues to the Office of the Healthcare Advocate

**Office of the Healthcare Advocate** (1-866-466-4446) Provides assistance with selecting health insurance coverage. Agency will answer questions about health insurance issues, including, but not limited to, enrollment/eligibility issues, clarification of plan benefits, plan benefit limitations, and out-of-network services [www.ct.gov/oha](http://www.ct.gov/oha)

## Explore the Legal Implications of Reaching Age 18 (Conservatorship)

The age at which an individual is considered legally an adult, or “age of majority”, in most states is 18.

*SOURCE:* CGS Sec. 1-1d [https://www.cga.ct.gov/current/pub/chap\\_001.htm#sec\\_1-1d](https://www.cga.ct.gov/current/pub/chap_001.htm#sec_1-1d)

This means individuals in the State of Connecticut are old enough to be considered legally capable of making personal and financial decisions. Individuals with autism, however, may be unable to direct his or her own personal affairs and/or financial decisions, therefore, matters related to their safety, health, and finances are of concern.

A **conservator** is a person appointed by the probate court to oversee the financial or personal affairs of an adult determined to be incapable of managing his or her own affairs or unable to care for himself or herself. There are two basic types of conservatorships:

- A **conservator of the person** is appointed to supervise the personal affairs of an individual who is found by the court to be unable, even with appropriate assistance, to meet essential requirements for personal needs. These needs may include, but are not limited to, the need for food, clothing, shelter, health care, and safety.
- A **conservator of the estate** is appointed to supervise the financial affairs of an individual who is found by the court to be incapable of doing so himself to the extent that property will be wasted unless adequate property management is provided. This may include, but is not limited to, actions to obtain and manage assets, income and public assistance benefits.
- A person may be in need of one or both types of conservators. Two separate individuals may perform these two roles, or one person may serve in both capacities. A conservator of the estate or person may be an individual, a legally authorized municipal or state official, or a private or nonprofit corporation. However, hospitals and nursing homes cannot be appointed conservators of either the person or the estate, and banks cannot be appointed conservators of the person.

*SOURCE:* UWC 211 eLibrary <https://uwc.211ct.org/conservator-of-estate-conservator-of-person/>

To become a conservator, please visit the **Connecticut Probate Courts** website at <http://www.ctprobate.gov/Pages/Conservatorships.aspx>

## Learn about Life Planning Tools

**ABLE National Resource Center- Achieving a Better Life Experience (ABLE) account** - ABLE Accounts, which are tax-advantaged savings accounts for individuals with disabilities and their families, were created as a result of the passage of the Stephen Beck Jr., Achieving a Better Life Experience Act of 2014 or better known as the ABLE Act. The beneficiary of the account is the account owner, and income earned by the accounts will not be taxed. Contributions to the account, which can be made by any person (the account beneficiary, family and friends), must be made using post-taxed dollars and will not be tax deductible for purposes of federal taxes, however some states may allow for state income tax deductions for contribution made to an ABLE account <http://www.ablenrc.org/about/what-are-able-accounts>

**Special Needs Trust (SNT's)** are well-established savings tools that also protect eligibility for public programs <https://www.specialneedsalliance.org/able-accounts-and-snts-how-to-choose/>

## Develop a System to Organize Financial and Legal Records

**Pathfinders for Autism-** offers a guide to organizing your paperwork <http://pathfindersforautism.org/wp-content/uploads/2017/01/A-Guide-to-Organizing-Your-Paperwork.pdf>

**The Balance Careers** website contains an article providing tips to organizing different types of important documents into categories. Read the article titled '*How to Organize Your Paperwork: How to find important records quickly and easily*'.

## Support

### Network with Others at Support Groups

**Connecticut Family Support Network (CTFSN)** - Parent-to-parent organization offering support groups, training, email list serve, information and advocacy [www.ctfsn.org](http://www.ctfsn.org)

**Autism Services and Resources Connecticut (ASRC)**- Provides advocacy and support groups, recreational and social opportunities, trainings, newsletter, and information [www.ct-asrc.org](http://www.ct-asrc.org)

For a more comprehensive listing of information related to *Support Groups*, please contact the DSS Autism Unit and speak with an Autism Support and Resource Specialist by calling Nathaniel Calixto, 860-424-5677, or Cathleen Calaway, 860-424-5567 or visit the DSS Autism website <https://portal.ct.gov/DSS/Health-And-Home-Care/Autism-Spectrum-Disorder---ASD/Autism-Spectrum-Disorder---ASD>

## Investigate Support Groups for Adults

Support Networks for Adults				
Organization	Service Description	Address	Contact Number	Website
<b>Advocacy Academy</b>	Helping parents learn skills to appropriately advocate for their families. Spanish Community of Wallingford	284 Washington Street, Wallingford, CT 06492	203-535-4804	<a href="http://www.scowinc.org/">http://www.scowinc.org/</a>
<b>Asperger/Autism Network (AANE)</b>	Adult Support Group Series offers support either in-person or online and meet for a series of consecutive weeks, bi/weekly, or monthly meetings. Each group consist of 10-12 participants. Ther	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	<a href="https://www.aane.org/resources/adults/adult-support-group-series/#online-adult-Wednesday">https://www.aane.org/resources/adults/adult-support-group-series/#online-adult-Wednesday</a>
<b>Asperger/Autism Network (AANE)</b>	AANE provides a case management service called LifeNet. It is a private pay, independent living support program for adults with ASD. Programs assist with social skills, health, life skills and advocacy.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824 ext. 60	<a href="https://www.aane.org/LifeNet/">https://www.aane.org/LifeNet/</a>
<b>Asperger/Autism Network (AANE)</b>	Online Support Group Series for Parents of Neurodivergent, Transgender/Non-Binary Adults. Cost is \$275.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	<a href="https://www.aane.org/event/online-support-group-series-for-parents-of-parents-of-neurodivergenttransgender-non-binary-adults/">https://www.aane.org/event/online-support-group-series-for-parents-of-parents-of-neurodivergenttransgender-non-binary-adults/</a>
<b>Asperger/Autism Network (AANE)</b>	Offers support and social groups for couples and partners in which one or both individuals have an Aspergers profile. Offered in person or online.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	<a href="https://www.aane.org/resources/adults/support-social-groups-couples-partners/">https://www.aane.org/resources/adults/support-social-groups-couples-partners/</a>
<b>Asperger/Autism Network (AANE)</b>	AANE offers a Life Management Assistance program (LifeMap) which is an intensive and individualized life coaching program for individuals with Asperger profiles. Services are offered to parts of Connecticut and can be accessed in person or online. There are a variety of LifeMap programs which include transition planning out of high school, life skills coaching or job finding assistance.	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	<a href="https://www.aane.org/resources/adults/lifemap-coaching/">https://www.aane.org/resources/adults/lifemap-coaching/</a>
<b>Autism Families of Connecticut</b>	Offers a variety of social and recreational activities for both youth with ASD and their families. The goals include creating a social environment, promoting social skills, listening and communicating.	600 North Mountain Road, Newington, CT 06111	860-474-3444	<a href="http://www.autismfamiliesct.org/programs/">http://www.autismfamiliesct.org/programs/</a>
<b>Autism Services &amp; Resources Connecticut (ASRC)</b>	Offers support groups, workshops, trainings and other educational opportunities for adults and teens with Autism Spectrum Disorders meets monthly (in Wallingford and Middletown)	101 North Plains Industrial Road, Harvest Park, Wallingford, CT 06492	203-265-7717	<a href="http://www.ct-asrc.org">www.ct-asrc.org</a>

<b>Autism Speaks</b>	The Autism Response Team (ART) is an information line for the autism community. Our team members are specially trained to provide personalized information and resources to people with autism and their families.	locations vary	1-888-288-4762	<a href="https://www.autismspeaks.org/about-us">https://www.autismspeaks.org/about-us</a>
<b>Autism Speaks</b>	Grief and Bereavement Resources- Resources to help support you or your child while experiencing grief	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/grief-and-bereavement-resources">https://www.autismspeaks.org/grief-and-bereavement-resources</a>
<b>Autism Speaks</b>	Offers tips and guidance to parents and caregivers related to identifying and/or creating a support system after a child has been diagnosed with Autism	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/autism-and-your-family">https://www.autismspeaks.org/autism-and-your-family</a>
<b>Autism Speaks</b>	Autism Speaks: My Autism Team. An online social network for parent of kids with Autism. Offers support and resource information from parents.	n/a	1-888-288-4762	<a href="https://www.myautismteam.com/">https://www.myautismteam.com/</a>
<b>Best Buddies CT</b>	BESTBUDDIES® builds one-to-one friendships between people with and without intellectual and developmental disabilities (IDD), through school and community friendship programs that provide socialization opportunities to help erase the invisible line that often separates students or adults with and without IDD. Friendship programs include Best Buddies Middle Schools, High Schools, Colleges, Citizens, and e-Buddies.	175 Capital Blvd, Suite 402, Rocky Hill, CT 06067	203-234-3996	<a href="https://www.bestbuddies.org/connecticut/friendship-map/">https://www.bestbuddies.org/connecticut/friendship-map/</a>
<b>Best Buddies CT</b>	e-Buddies promotes social inclusion online for people with intellectual and developmental disabilities	101 Southeast Second Street, Suite 2200 Miami, FL 33131	1-305-374-2233	<a href="https://www.bestbuddies.org/what-we-do/ebuddies/">https://www.bestbuddies.org/what-we-do/ebuddies/</a>
<b>Beyond My Battle</b>	Online support group and educational resources for those individuals with serious illness, rare disease, and disabilities. Support is also available for caregivers.	112 W Circular St, Saratoga Springs, NY 12866	(518) 328-4939	<a href="http://www.beyondmybattle.org">www.beyondmybattle.org</a>
<b>BOW Parent Initiative</b>	A parent Support group. Evenings, 6:30-8:30 p.m. Woodbridge CT	n/a	Diane Downey, 203-376-5119	n/a
<b>Center for Disability Rights</b>	Offers Helping Each Other Succeed cross-disability support groups in the following towns: Shelton; Derby; Ansonia; Seymour; Bethany; New Haven; East Haven; Hamden; North Haven; Wallingford; Durham; Meriden; Southington; Middlefield; Middletown; North Branford; Branford; Guilford; Old Saybrook; Killingworth; Deep River;	369 Highland Street, West Haven, CT 06516	203-934-7077 ext. 12	<a href="http://cdr-ct.org/">http://cdr-ct.org/</a>

	Chester; Haddam; East Haddam; East Hampton; and Portland. Meeting times vary monthly, call for dates and time.			
<b>Circle of Friends</b>	Circle of Friends is a volunteer organization that reaches out to children, teens and young adults with special needs in Fairfield County, CT and involves them in a full array of inclusive, social experiences. Our innovative programming of home visits, play dates and social interactions, is designed to foster a relationship between children, teens and young adults with special needs and community teenage and young adult volunteers. Call for more information on the Circle of Friends and other events.	40 King Street, Norwalk, CT 06851	203-866-0534	<a href="http://www.circleoffreindsct.org">www.circleoffreindsct.org</a>
<b>Circle of Moms</b>	Provides support to young mothers who are in need of friendship, support, guidance, connection to resources, and prosocial family focused activities. Contact facilitator for information. Meetings held on the last Wednesday of the month from 5:30-7:30pm.	48 Upper Butcher RD, Ellington, CT 0629	Laura Corlis & Vicki White, 860-221-4856	<a href="https://www.facebook.com/circleofmomsvernonct/">https://www.facebook.com/circleofmomsvernonct/</a>
<b>Clifford Beers Guidance Clinic</b>	Marne Street Clinic offers comprehensive care including parent support groups and social skills groups for children and siblings.	41 Marne Street, New Haven, CT 06513	203-691-9383	<a href="http://www.cliffordbeers.org">www.cliffordbeers.org</a>
<b>Community Autism Social at Yale (CASY)</b>	Community Autism Socials at Yale (Project CASY) is a university-organized, online, and local community of individuals living with autism, and the families, friends, and professionals involved in their lives. The main purpose is to promote a high quality of life for individuals living with autism. In person meetings typically occur weekly. Call for more information.	230 S Frontage Rd, Rm G-130 New Haven, CT 06519-1124	203-927-3970	<a href="https://www.meetup.com/ProjectCASY/">https://www.meetup.com/ProjectCASY/</a>
<b>Community Autism Social at Yale (CASY)</b>	Project CASY with sponsorship by Autism Speaks hosts a Spanish Language Autism Support Group that meets every Wednesday from 5:15pm-6:30pm, runs from September to February. Call for specific dates.	Clifford Beers Clinic- 93 Edwards Street, New Haven, CT 06511	Carmen- 203-954-5050 or Monica- 540-429-5367	<a href="https://www.meetup.com/ProjectCASY/">https://www.meetup.com/ProjectCASY/</a>



<b>Community Centers, Inc.</b>	Support groups for young people and adults with developmental disabilities meet weekly. Provide support in a group environment and group members can seek out counseling.	61 East Putnam Avenue, Greenwich, CT 06830	203-869-1276	<a href="http://ccigreenwich.org/">http://ccigreenwich.org/</a>
<b>Connecticut Family Support Network (CTFSN)</b>	Offers many support groups, both in person, over the phone, and online. Support groups allow individuals to network, gain access to resources and learn from guest speakers.	377 Hubbard Street #1, Glastonbury, CT 06033	1-877-376-2329	<a href="http://www.ctfsn.org/">http://www.ctfsn.org/</a>
<b>Connecticut Parent Advocacy Center (CPAC)</b>	Support groups for parents and families of children with special needs can be an excellent source of information, resources and of course, support. CPAC helps connect parents to groups in their area. View the links for information about finding a support group in your area or starting a parent support group.	338 Main Street, Naictic CT 06357	860-739-3089	<a href="http://www.cpacinc.org/helpful-resources/parent-support/">http://www.cpacinc.org/helpful-resources/parent-support/</a>
<b>CT Families for Effective Autism Treatment (CT FEAT)</b>	An online forum where many hundreds of Connecticut families share information and support.	P.O. Box 370352, West Hartford, CT 06137	contact via email info@ctfeat.org	<a href="http://www.ctfeat.org/listservrules.htm">http://www.ctfeat.org/listservrules.htm</a>
<b>Destiny Outreach</b>	This is a group for parents who want to network and make effective changes within their community. 1st & 3rd Tuesday of every month from 4-6 p.m. East Hartford Cultural Center, East Hartford, CT	50 Chapman Place, East Hartford, CT 06108	860-726-3646	n/a
<b>Family Advocacy Program (FAVOR)</b>	The Family Peer Support Program provides direct peer support services to families with children who have medical, mental, or behavioral health challenges. Our Family Peer Support Specialists assist families who need to navigate the special education and mental health care service systems	185 Silas Deane Highway Wethersfield, CT 06109	860-563-3232	<a href="http://www.favor-ct.org">www.favor-ct.org</a>
<b>Family Friendly Event</b>	Provides support to families of children with special needs as well as their typical siblings by providing monthly opportunities for free outings. Every 3rd Friday evening or Saturday of the month.	34 East Town Street, Norwich, CT 06360	Susan Hostnik, 860-822-4335 & Christie Beausoleil, 860-861-1100	n/a
<b>FOCUS Center for Autism</b>	Agency offers monthly support groups for parents of children with autism which are open to the public. Free childcare is provided for children and their siblings 5 years of age or older.	326 Albany Turnpike, Suite 2A, PO Box 452, Canton, CT 06019	860-693-6127	<a href="https://focuscenterforautism.org/parent-support/">https://focuscenterforautism.org/parent-support/</a>
<b>Friends of Autistic People</b>	Charitable organization advocates for appropriate services for adults with ASD throughout the lifespan. Organization offers parent workshops and music	974 North Street, Greenwich, CT	203-661-8510	<a href="http://www.autisticadults.com/">http://www.autisticadults.com/</a>

	therapy.			
<b>GRASP</b>	The Global and Regional Asperger Syndrome Partnership was created to improve the lives of adults and teens on the autism spectrum through community outreach, online support, education, and advocacy. Membership is free.	369 Lexington Avenue, 2nd fl, New York, NY 10017	1-888-474-7277	<a href="https://grasp.org/">https://grasp.org/</a>
<b>Independence Unlimited</b>	Independence Unlimited Youth Transitions Project increases the participation of youth with disabilities and their parents in the process of planning for their transition into adulthood. This includes self advocacy, skills training, service linkage and outreach.	151 New Park Ave., North Annex suite D, Hartford, CT 06106	860-523-5021	<a href="https://www.independenceunlimited.org/index.php/our-programs/youth-transitions">https://www.independenceunlimited.org/index.php/our-programs/youth-transitions</a>
<b>Inspiration</b>	This is a group that provides support and encourages caregivers who have children and/or youth with behavioral, social, communication, or health challenges. They also empower, inspire and educate families to see beyond the diagnosis and see the possibilities and potential each family unit embodies. 3rd Tuesday of every month from 5:30-8 p.m. Meriden Public Library, 105 Miller Street, Meriden, CT	PO Box 173 Meriden, CT 06450	203-535-4804	<a href="https://www.facebook.com/InspirationSupportGroupMW/">https://www.facebook.com/InspirationSupportGroupMW/</a>
<b>Institute of Living</b>	Offers various support groups such as substance abuse education, Lesbian/Gay/Bisexual/Trans gender support, Autism Spectrum support, Mental Illness support, support services, and resources. Support programs are provided for those in need, their family members, and caregivers. Visit the website below for a complete list of support group locations, times and contact information.	200 Retreat Avenue, Hartford, CT 06106	860-545-7665	Hartford
<b>It takes a Village</b>	A support group for grandparents raising children with behavioral health challenges. First Tuesday of the month 11-12 p.m.	233 Retreat Avenue, Hartford, CT	Raleigh Leggett, 860-639-6752	n/a
<b>Kennedy Center Autism Project</b>	The Autism Project's respite groups and specialty programs provide opportunities for children, teens and young adults with Autism to engage with others.	2440 Rservoir Avenue, Trumbull, CT 06611	203-365-8522	<a href="http://www.thekennedycenterinc.org/">http://www.thekennedycenterinc.org/</a>

LARC	Torrington Area Families for Autism (TAFA) offers an Autism Support Group for parents which focuses on Autism advocacy, Awareness and Support. The group also offers activities, social outings and integrated playgroups for children. Support groups meets on the first and third Wednesday of each month. Meetings are held at LARC (314 Main Street, Torrington). Children are welcomed.	314 Main Street, Torrington , CT 06790	860-482-9364	<a href="https://www.litchfieldarc.org/autism-support.html">https://www.litchfieldarc.org/autism-support.html</a>
Litchfield County Autism Spectrum Association	LACASA ensures that individuals with ASD have access to local services, supports and recreational activities. Ongoing activities include parents support groups.	PO Box 2026 Torrington CT 06790	86-693-9128	<a href="http://www.autismsupportct.com">www.autismsupportct.com</a>
MyAutism Team	free social network for parents of kids with autism. With over 30,000 parents registered on the site, you can find parents just like you based on where you live, the age of your child, your child's sub-diagnosis and developmental needs, and gender. Parents share tips, support, and photos, as well as ask and answer each others' questions. In addition, there is a searchable provider directory of over 35,000 autism specialists and autism-friendly providers constantly updated by parents on the site. MyAutismTeam is the official social network and resource guide for Autism Speaks.	n/a	n/a	<a href="https://www.myautismteam.com/">https://www.myautismteam.com/</a>
NCCC Parent Support Group	This group helps parents whose lives have been touched by children with behavioral, social, anxiety, attention, communication and mental health challenges. 2nd Tuesday of every month from 6-8 p.m.	Suffield High School, 1060 Sheldon Street, Room 221, Suffield, CT	Contact Dorian Vicedomini at dm35@aol.com or Diane Reynolds at sbdreynolds@cox.net	n/a
Next Steps 1	Provides parents with a safe, comfortable environment to vent their frustrations, challenges, fears, knowledge and positive experiences with other parents in the Southington area. Group meets every 4th Tuesday of the month from 6-7:30 p.m. No groups being held in the months June-August.	The Summit at Plantsville, 261 Summitt St, Plantsville, CT 06479	Carrie Foligno & Lori Powell, 860-302-6543	n/a

<b>Organization for Autism Research</b>	Offers guides designed for parents and young children/teenagers of siblings with autism. The resources aim to provide support to both parents and siblings, answer autism-related questions or concerns, and tips to help facilitate these relationships.	2000 N. 14th Street, Suite 300 Arlington, VA 22201	(866) 366-9710	<a href="https://researchautism.org/how-we-help/families/sibling-support/?utm_source=ORacle+Newsletter+Subscribers&amp;utm_campaign=d84344ba39-EMAIL_CAMPAIGN_2020_02_18_03_42&amp;utm_medium=email&amp;utm_term=0_132914a232-d84344ba39-171428105">https://researchautism.org/how-we-help/families/sibling-support/?utm_source=ORacle+Newsletter+Subscribers&amp;utm_campaign=d84344ba39-EMAIL_CAMPAIGN_2020_02_18_03_42&amp;utm_medium=email&amp;utm_term=0_132914a232-d84344ba39-171428105</a>
<b>Padres Abriendo Puertas</b>	This is a support group for Spanish-speaking parents of children with special needs to learn about special education and advocacy, share concerns and ideas, and learn about resources. On second Sunday of the month from 3-5 p.m.	Walnut Hill Community Church, 156 Walnut Hill Road, Bethel, CT	Contact: Miozotis Galarza, (203) 240-2467	n/a
<b>Padres Abriendo Puertas</b>	Support group for Hispanic parents/caregivers of children with special needs meets on the third Tuesday of the month at 4:30pm. Professionals and others who are interested in learning more about raising a child with special needs are welcome to attend. There is also an online support groups that is available.	Workspace, 903 Main Street, Manchester, CT 06040	860-809-1194	<a href="http://padresabriendopuerta.wix.com/pap-website">http://padresabriendopuerta.wix.com/pap-website</a>
<b>Parents Supporting Families</b>	For parents of children with behavioral health needs. Childcare and refreshments available. 1st Thursday of every month from 6:30pm to 8pm.	Waterford Country School Safe Home; 947 Vauxhaul Street Extension, Waterford, CT	Grace Nelson, 860-235-7923 & Josephine Suarez, 860-857-2232	n/a
<b>Pathfinders for Autism</b>	A Maryland-based website offering "Parent Tips" articles on a variety of topics	235 Schilling Circle, Suite 103, Hunt Valley, MD 21031	443-330-5370	<a href="https://pathfindersforautism.org/">https://pathfindersforautism.org/</a>
<b>Raisingchildren.net.au</b>	Provides some ideas for building supportive relationships with the your extended family and friends	n/a	n/a	<a href="https://raisingchildren.net.au/autism/communicating-relationships/family-relationships/family-friends-asd">https://raisingchildren.net.au/autism/communicating-relationships/family-relationships/family-friends-asd</a>
<b>Spanish Community of Wallingford</b>	Support groups help parents learn skills to appropriately advocate for their families.	284 Washington Street, Wallingford, CT 06492	203-265-5866	<a href="http://www.scowinc.org/">http://www.scowinc.org/</a>
<b>Stepping stones</b>	Offers tips and guidance to parents and caregivers related to identifying and/or creating a support system after a child has been diagnosed with Autism	n/a	n/a	<a href="https://www.steppingstonesca.com/single-post/2016/11/20/Building-a-support-network-when-dealing-with-ASD">https://www.steppingstonesca.com/single-post/2016/11/20/Building-a-support-network-when-dealing-with-ASD</a>
<b>The Arc Autism Now</b>	Information Specialist are available to help individuals on the spectrum and their families by providing education, resources and support.	1825 K Street NW, Suite 1200 Washington, DC 20006	1-855-828-8476	<a href="https://autismnow.org/what-we-do/call-center/">https://autismnow.org/what-we-do/call-center/</a>

<b>Unidos Sin Fronteras</b>	Spanish speaking parents meet every Wednesday at 12pm to discuss different issues that parents face with their children, families and their environment. Group takes part in various events and host numerous workshops.	100 East Avenue, Norwalk CT	203-299-1315, ext 175	<a href="http://latincolormag.com/unidos-sin-fronteras/">http://latincolormag.com/unidos-sin-fronteras/</a>
<b>West Haven Parent Support Group</b>	The Local System of Care, Parent Support Group is for parents, guardians, care givers, family members, and friends of children with various special needs. Child care is available. Group meets the 2nd Monday of each month from 6:30pm to 8:30pm.	City Hall, 355 Main Street, West Haven, CT 06516	Viola Waldo at violawaldo412@at t.net or Theresa Andriulli at 203- 506-3816	<a href="http://www.mywhinc.org/whparentsupportgrp.htm">http://www.mywhinc.org/whparentsupportgrp.htm</a>
<b>Wrong Planet</b>	Wrong Planet is the web community designed for autistic individuals (and parents / professionals of those) with Autism, Asperger's Syndrome, ADHD, PDDs, and other neurological differences. We provide a discussion forum, where members communicate with each other, an article section, with exclusive articles and how-to guides, a blogging feature, and more.	n/a	n/a	<a href="https://wrongplanet.net/">https://wrongplanet.net/</a>

## Identify your Support System

**Autism Speaks** – Offers tips and guidance to parents and caregivers related to identifying and/or creating a support system after a child has been diagnosed with Autism

<https://www.autismspeaks.org/autism-and-your-family>

**Stepping Stones**- Webpage has an article providing information on the importance of having a support system and some tips on how to develop one <https://www.steppingstonesca.com/single-post/2016/11/20/Building-a-support-network-when-dealing-with-ASD>

**Raisingchildren.net.au**- provides some ideas for building supportive relationships with your extended family and friends <https://raisingchildren.net.au/autism/communicating-relationships/family-relationships/family-friends-asd>

## Take Care of Yourself, your Spouse and your other Children

**Synapse**- website offers self-care tips to parents of parents with an autistic child <http://www.autism-help.org/family-autism-self-care-strategies.htm>

**Autism Resources and Community (ARC)**- website offers parents an article on self-care <http://blog.stageslearning.com/blog/autism-parents-self-care>

**The Mighty** website has a brief article providing six self-care tips for people on the autism spectrum <https://themighty.com/2018/09/self-care-autism-spectrum/>

## Transportation

### Explore Transportation Options including Public Transportation, Mobility, and Divers License

**The Kennedy Center** has a travel guide titled '*A Chance to Ride: Introducing Young Adults with Autism to Independent Travel*'. This guide provides information on introducing travel to individuals with autism, tips for family members to become involved in the process, information regarding communicating in the community, signs and traffic symbols, pedestrian safety, awareness of surroundings, and more. **The Kennedy Center** also provides a listing of national, federal, and local transportation agencies you and your child may be able to access <https://www.thekennedycenterinc.org/what-we-do/programs-services/mobility-services/publications-resources.html>

**CTrides** is a free program that helps commuters find the best way to get to work or school. We provide resources for choice commuting options throughout Connecticut, including bus, rail, carpools, vanpools, biking, walking, and teleworking <https://ctrides.com/>

**TIP:** Find a driving school that specializes in providing a comprehensive driver program for individuals with autism spectrum disorder (ASD).

**The State of Connecticut Department of Motor Vehicles-** for more information on obtaining a learner's permit and to take the test for the driver's license. You can also access the locations where learner's permit testing sites are located and download practice test questions for the learner's permit via app (android, iPhone, iPad)

### Obtain a Connecticut Non-Driver Identification Card through the Connecticut Department of Motor Vehicles

**The State of Connecticut Department of Motor Vehicles** provides information regarding the eligibility criteria, what to bring, and locations to apply for a non-driver identification card <https://www.ct.gov/dmv/cwp/view.asp?a=805&q=490078>

## Advocacy

### Make a Decision About Disclosure of Diagnosis

Disclosure of Autism Diagnosis				
Organization	Service Description	Address	Phone Number	Website
<b>AASPIRE</b>	Article discusses the potential benefits or drawbacks of disclosing your autism spectrum disorder diagnosis to your doctor, your doctors staff, and your health insurance provider	1600 SW Fourth Ave, Suite 900, Portland, OR 97201	503-725-9603	<a href="https://autismandhealth.org/?a=pt&amp;p=detail&amp;t=pt_rts&amp;s=rts_disc&amp;theme=it&amp;">https://autismandhealth.org/?a=pt&amp;p=detail&amp;t=pt_rts&amp;s=rts_disc&amp;theme=it&amp;</a>
<b>Ambitious about Autism</b>	Disclosing your diagnosis at work	The Pears National Centre for Autism Education-Woodside Ave, London, N103JA	020 8815 5444	<a href="https://www.ambitiousaboutautism.org.uk/understanding-autism/disclosing-your-diagnosis-at-work">https://www.ambitiousaboutautism.org.uk/understanding-autism/disclosing-your-diagnosis-at-work</a>
<b>Asperger/Autism Network (AANE)</b>	Article titled 'It's Not a Secret: Why Disclosure is Important'	51 Water Street, Suite 206, Watertown, MA 02472	617-393-3824	<a href="https://www.aane.org/not-secret-disclosure-important/">https://www.aane.org/not-secret-disclosure-important/</a>
<b>Autism Awareness Centre, Inc.</b>	Article titled 'Who should be told about an autism diagnoses'	56 Sussex Crescent SW, Calgary, AB T2W 0L5 Canada	1-866-724-2224	<a href="https://autismawarenesscentre.com/told-autism-diagnosis/">https://autismawarenesscentre.com/told-autism-diagnosis/</a>
<b>Autism Speaks</b>	An article that explores the pros and cons of disclosing and not disclosing an autism diagnoses	locations vary	1 (888) 288-4762	<a href="https://www.autismspeaks.org/tool-kit-excerpt/disclose-or-not-disclose">https://www.autismspeaks.org/tool-kit-excerpt/disclose-or-not-disclose</a>
<b>Car Autism RoadMap</b>	Article titled 'To tell or Not to tell: Issues of Disclosure in the Workplace'	3401 Civic Center Blvd, Philadelphia, PA 19104	267-426-7540 or 1-866-570-6524	<a href="https://www.carautismroadmap.org/to-tell-or-not-to-tell-issues-of-disclosure-in-the-workplace/">https://www.carautismroadmap.org/to-tell-or-not-to-tell-issues-of-disclosure-in-the-workplace/</a>
<b>Interactive Autism Network</b>	Article titled 'Adults with ASD: Deciding When to Disclose'	n/a	n/a	<a href="https://iancommunity.org/cs/adults/deciding_when_to_disclose">https://iancommunity.org/cs/adults/deciding_when_to_disclose</a>
<b>National Autistic Society</b>	Article titled 'Disclosing an autism diagnosis in school or college'	n/a	n/a	<a href="https://network.autism.org.uk/knowledge/policy-guidance/disclosing-autism-diagnosis-school-or-college">https://network.autism.org.uk/knowledge/policy-guidance/disclosing-autism-diagnosis-school-or-college</a>

<p><b>National Collaborative on Workforce and Disability</b></p>	<p>Guide book titled 'The 411 on Disability Disclosure'. Guide and workbook provides expert advice about the disclosure of a disability and providing support for a young person</p>	<p>n/a</p>	<p>n/a</p>	<p><a href="http://www.ncwd-youth.info/wp-content/uploads/2016/10/The_411_On_Disability_Disclosure_for_Adults.pdf">http://www.ncwd-youth.info/wp-content/uploads/2016/10/The_411_On_Disability_Disclosure_for_Adults.pdf</a></p>
<p><b>Organization for Autism Research</b></p>	<p>Article titled 'Understanding Disclosure and Workplace Accommodations'</p>	<p>2000 N. 14th Street, Suite 300, Arlington, VA 22201</p>	<p>1-866-366-9710</p>	<p><a href="https://researchautism.org/understanding-disclosure-and-workplace-accommodations/">https://researchautism.org/understanding-disclosure-and-workplace-accommodations/</a></p>

## Learn Self-Advocacy Skills

Learning social skills is crucial given limitations individuals with autism may be confronted with. As part of the social skills lesson, learn to self-advocate.

**Car Autism Roadmap-** an article describing the importance for individuals with autism to be able to self-advocate <https://www.carautismroadmap.org/developing-self-advocacy-skills-to-last-a-lifetime/>

Need help with a particular issue such as employment, health care, or education, for example? Contact a local organization assisting individuals, families, and organizations with issues related to autism. These organizations include but are not limited to Autism Speaks, Disability Rights Connecticut, FAVOR, Office of the Healthcare Advocate (OHA), and more.

## Have an Understanding of the Americans with Disabilities Act (ADA)

The **United Way of Connecticut 2-1-1 eLibrary** webpage has information regarding the American with Disabilities Act (ADA) <https://uwc.211ct.org/ada-the-americans-with-disabilities-act/>

**United States Department of Justice Civil Rights Division** website offers information and technical assistance on the American with Disabilities Act <https://www.ada.gov/>



## Additional Resources

For a more comprehensive listing of information related to Autism Spectrum Disorder, please contact the DSS Autism Unit and speak with an Autism Support Resource Specialist:

Nathaniel Calixto  
Autism Support and Resource Specialist  
[Nathaniel.Calixto@ct.gov](mailto:Nathaniel.Calixto@ct.gov)  
Tel: 860-424-5677  
Fax: 860-920-3170

Cathleen Calway  
Autism Support and Resource Specialist  
[cathleen.calway@ct.gov](mailto:cathleen.calway@ct.gov)  
Tel: 860-424-5567  
Fax: 860-920-3170

\*\*\*Please note: The contents of this document are provided solely for informational purposes. It is meant to give individuals with ASD and their families a choice regarding services and supports. The DSS Autism Division does not specifically recommend or endorse any individual provider or practitioner.