

Transition to Adulthood for Youth with Developmental Disabilities and  
Autism Spectrum Disorder:  
A Resource Guide

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These providers and programs are provided to you only as a convenience. This list is not exhaustive and is geared towards self-advocates and families in Southern California. Inclusion on the list does not imply endorsement by The Help Group, nor does it guarantee that the provider or program is accepting new clients.

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\*Note that some providers and programs are listed in more than one section if they provide different types of services.

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## Life Coaches and Executive Functioning Programs

### **The Help Group's Advance LA**

[advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org)

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

818-779-5198

- Offer life coaches who provide individualized support for young adults and teens to facilitate a greater level of independence in several key areas: academic supports, executive functioning, health and wellness, independent living skills, internships and careers, and social connections. Coaching is provided in home, academic and work settings, and in the community.

### **Alissa Ellis, PhD**

ThinkSMART, Ellis Effect

<https://www.elliseffect.com/thinksmart.html>

<https://www.semel.ucla.edu/thinksmart>

[thinkSMART@ucla.edu](mailto:thinkSMART@ucla.edu)

[admin@elliseffect.com](mailto:admin@elliseffect.com)

310-853-2344

- Offer group-based and one-on-one executive functioning coaching for teens, college students, and adults interested in learning strategies and techniques to improve in areas such as organization, time management, and planning.

### **Creative Support**

<https://creativesupportus.com/>

[la@creativesupportus.com](mailto:la@creativesupportus.com)

310-641-1900

- Offer life coaching and other individual/family training, as well as community-based and social activities for adults with a wide range of abilities and challenges including intellectual disability, autism spectrum disorder, seizure disorder, cerebral palsy, physical challenges, traumatic brain injury, and mental illness.

### **Haleh Kouchmeshki, MA**

NeuroObjectives

[www.neuroobjectives.com](http://www.neuroobjectives.com)

[info@neuroobjectives.com](mailto:info@neuroobjectives.com)

310-947-9794

- Offer individualized life coaching skills to promote emotion regulation, organization, and timely completion of projects and goals.

### **Michelle Porjes, Ed.S.**

<http://www.michelleporjes.org/>

- Licensed educational psychologist and credentialed school psychologist providing individualized executive functioning coaching and educational consultation.

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## Mental Health Providers

### **Coast Family Psychological Services – Dana Lieberman, PsyD**

[www.coastfamilypsychologicalservices.com](http://www.coastfamilypsychologicalservices.com)

[drdana@coastfamilypsychologicalservices.com](mailto:drdana@coastfamilypsychologicalservices.com)

805-507-7049

- Provide individual and family therapy for children, adolescents, and adults diagnosed with ADHD and ASD, including support for anxiety management, and navigating college, careers, and healthy relationships.

### **Deanna Dow, PhD**

<https://www.spectrumpsychla.com/>

[info@spectrumpsychla.com](mailto:info@spectrumpsychla.com)

[drdow@deannadowphd.com](mailto:drdow@deannadowphd.com)

310-894-6292

- Offer evidence-based treatment for children, adolescents, and young adults including cognitive behavioral therapy for autism, ADHD, anxiety, and mood concerns.

### **Ellis Effect Psychological Group**

[www.elliseffect.com](http://www.elliseffect.com)

[admin@elliseffect.com](mailto:admin@elliseffect.com)

310-853-2344

- Offer evidence-based treatment for mood, anxiety, and attention disorders using cognitive-behavioral therapy, executive functioning coaching, and consultation.

### **LA Concierge Psychologist – Dr. Crystal Lee**

<https://laconciergepsychologist.com/>

[info@laconciergepsychologist.com](mailto:info@laconciergepsychologist.com)

- Offer individual and family treatment for teens and adults with autism spectrum disorder, ADHD, anxiety, depression, and other mental health difficulties.

### **Lumina Counseling Center**

[www.luminacounselingla.com](http://www.luminacounselingla.com)

[info@luminacounselingla.com](mailto:info@luminacounselingla.com)

818-779-5100

- Offers health insurance funded and private pay individual, group, couples, and family therapy to individuals of all ages.

### **Remington Rebeil, LMFT**

[www.remingtonrebeil.com](http://www.remingtonrebeil.com)

[remington@remingtonrebeil.com](mailto:remington@remingtonrebeil.com)

- Treats adolescents and young adults with anxiety, depression, OCD, ADHD, and ASD using cognitive behavioral therapy, mindfulness, and family systems approaches.

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**UCLA EMPWR Program:**

<https://www.uclahealth.org/empwr/about-empwr>

[EMPWR@mednet.ucla.edu](mailto:EMPWR@mednet.ucla.edu)

310-825-7573

- Promotes wellbeing and resilience in LGBTQ mental health through specialized individual, family, and group programs for LGBTQ children, teenagers, and adults.

**The Help Group's Kaleidoscope**

<https://www.kaleidoscopelgbtq.org/>

- Supports LGBTQIA+/Questioning youth, young adults, and their families in building healthy relationships through individual therapy services, individual coaching, youth and young adult support groups, parent/caregiver support groups, and more.

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## Psychiatrists

### **Adelpha Psychiatric Group**

<https://www.adelphapsych.com/>

866-4-ADELPHA

- Offer both psychotherapy and medication management services for children and adults.

### **Brandon S. Ito, MD, MPH**

<https://www.uclahealth.org/providers/brandon-ito>

310-825-1309

- Psychiatrist at UCLA who specializes in LGBTQ+ mental health.

### **Carl Fleisher, MD**

<https://www.drcarfleisher.com/>

[drcarl@drcarfleisher.com](mailto:drcarl@drcarfleisher.com)

310-596-1555

- Offers comprehensive assessment and treatment for individuals, couples and families, including both evidence-based psychotherapy and medication.

### **David L. Fogelson, MD, Inc.**

[www.davidfogelson.com](http://www.davidfogelson.com)

[davidfogelson@2730wilshire.com](mailto:davidfogelson@2730wilshire.com)

[fogelsonsecretary@2730wilshire.com](mailto:fogelsonsecretary@2730wilshire.com)

310-828-5015

- Specializes in the diagnosis and treatment of psychoses, mood disorders, and anxiety disorders, and provides “eclectic” psychotherapy with a focus on mentalization.

### **Derek Ott, MD**

<https://www.derekottmd.com/>

[info@derekottmd.com](mailto:info@derekottmd.com)

310-470-2033

- Specializes in pharmacological treatment of children and adults with developmental disabilities, autism spectrum disorder, ADHD, childhood psychosis, and co-occurring behavioral/psychiatric disorders.

### **Jang Cho, MD**

Cultivate Psychiatry

<https://www.cultivatepsychiatry.com/about>

[info@cultivatepsychiatry.com](mailto:info@cultivatepsychiatry.com)

- Adolescent and adult psychiatrist who uses both psychopharmacology and psychotherapy to evaluate, diagnose and treat a wide variety of mental health conditions including depression, anxiety, panic disorders, ADHD as well as behavioral dysregulation and school difficulties; bilingual in Korean/English.

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**Jennifer G. Levitt, MD**

<https://www.uclahealth.org/providers/jennifer-levitt>

[jlevitt@mednet.ucla.edu](mailto:jlevitt@mednet.ucla.edu)

310-825-7471

- Psychiatrist at UCLA who treats a range of mental disorders in children and adults.

**Julie Hall, MD**

[www.juliehallmd.com](http://www.juliehallmd.com)

[juliehallmd@gmail.com](mailto:juliehallmd@gmail.com)

424-256-6890

- Specializes in child and adolescent psychiatry, mood disorders, personality disorders, obsessive-compulsive disorders, ADHD, and thought disorders, and uses a combination of medication and psychotherapy, including psychodynamic therapy, cognitive behavioral therapy, mentalization based therapy, and structured family therapy.

**Thomas E. Brown, PhD**

<https://www.brownadhdclinic.com/dr-brown>

[info@BrownADHDclinic.com](mailto:info@BrownADHDclinic.com)

310-590-7181

- Clinical psychologist who specializes in assessment & treatment of high-IQ children, adolescents, and adults with ADHD & related problems; medication management is available at the Brown Clinic for Attention and Related Disorders.

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## Assessment/Evaluation

### **The Help Group's PLAN Assessment Center**

<https://www.thehelpgroup.org/p-l-a-n-center/>

- Provides comprehensive diagnostic and developmental assessments to individuals with suspected neurodevelopmental disorders (e.g., autism spectrum disorder, ADHD, intellectual disability), social-emotional issues (e.g., anxiety, depression, self-esteem), and learning difficulties (e.g., reading, writing, mathematics, underachievement, anxiety, low self-esteem).

### **Coast Family Psychological Services – Dana Lieberman, Psy.D.**

[www.coastfamilypsychologicalservices.com](http://www.coastfamilypsychologicalservices.com)

[drdana@coastfamilypsychologicalservices.com](mailto:drdana@coastfamilypsychologicalservices.com)

805-507-7049

- Conduct psychological evaluations for children, adolescents, and young adults with suspected ADHD and autism spectrum disorder.

### **Deanna Dow, PhD**

<https://www.spectrumpsychla.com/>

[info@spectrumpsychla.com](mailto:info@spectrumpsychla.com)

[drdow@deannadowphd.com](mailto:drdow@deannadowphd.com)

310-894-6292

- Offer diagnostic assessments (specializing in autism) for children and young adults.

### **Ellis Effect Psychological Group**

[www.elliseffect.com](http://www.elliseffect.com)

310-853-2344

- Offer psychodiagnostic assessment for mood, anxiety, and attention disorders.

### **Leila Glass, PhD**

<https://www.neuroguidancecenter.com/>

[drglass@neuroguidancecenter.com](mailto:drglass@neuroguidancecenter.com)

424-209-2511

- Offers neuropsychological assessments for children, adolescents, and young adults.

### **UCLA Child and Adult Neurodevelopmental (CAN) Clinic**

<https://www.semel.ucla.edu/autism/ucla-child-and-adult-neurodevelopmental-clinic>

[CANClinic@mednet.ucla.edu](mailto:CANClinic@mednet.ucla.edu)

310-794-4008

- A multidisciplinary clinic providing evaluation and treatment services for individuals of all ages with suspected disorders of social, cognitive, language, and motor development, including autism spectrum disorder, learning disorders, and neurogenetic disorders.

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**UCLA Medical Psychology Assessment Center (MPAC)**

<https://www.uclahealth.org/Psychiatry/medical-psychology-assessment-clinic>

310-206-8100

- Provides neuropsychological and diagnostic assessment services for children, adolescents, and adults with a broad variety of neurodevelopmental (e.g., autism spectrum disorder, ADHD, learning disabilities), acquired (e.g., epilepsy, cancer, head injury), and psychiatric (e.g., depression, anxiety, bipolar, oppositional defiant) disorders.

**Vindia Fernandez, PhD**

<http://pediatricneuropsych.com/>

[center@pediatricneuropsych.com](mailto:center@pediatricneuropsych.com)

424-255-6388

- Conducts neuropsychological assessments and psychoeducational evaluations for children, adolescents, and young adults with learning differences, neurodevelopmental disorders (including autism spectrum disorder and ADHD), and various medical conditions.

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## Colleges and Independent Living Programs

### **Bellevue College Occupational and Life Skills Program**

<https://www.bellevuecollege.edu/ols/>  
[ols@bellevuecollege.edu](mailto:ols@bellevuecollege.edu)

425-564-5206

- An associate degree program for adults with learning disabilities, in which students apply academic knowledge through community activities, service learning, and social experiences. Students identify a career pathway, gain marketable, workplace-ready competencies, develop better interpersonal skills, and complete an internship in alignment with their career goals.

### **Drexel Autism Support Program**

[http://drexel.edu/studentlife/student\\_family\\_resources/class/programs/autism-support/dasp@drexel.edu](http://drexel.edu/studentlife/student_family_resources/class/programs/autism-support/dasp@drexel.edu)

215-571-4879

- Provides one-on-one peer mentoring and coaching, a neurodiversity course to assist with the transition to college and employment, planned social events, and workshops on employment skills, social development, and planning for academic and career success.

### **First Place Phoenix**

<https://www.firstplaceaz.org/>

602-464-6600

- Offers supportive housing for adults with autism, Down syndrome and other neurodiversity, and a two-year independent living program for adults with autism.

### **Marshall University College Program for Students with Autism Spectrum Disorder**

<http://www.marshall.edu/collegeprogram/hynes@marshall.edu>

304-696-2332

- Provides academic, social, independent living, and career preparation support to students with ASD through skill-building groups, counseling, and residence services and professor liaisons.

### **Mosaic Program at the University of Tennessee Chattanooga**

<https://www.utc.edu/disability-resource-center/mosaic/aboutmosaic/index.php>  
[drc@utc.edu](mailto:drc@utc.edu)

423-425-2288

- A comprehensive program for students with ASD that includes a course with a fully established curriculum, weekly coaching, peer/professional mentoring, and supervised study hours.

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### **Southwest Autism Research and Resource Center**

<https://www.autismcenter.org/transitioning-to-adulthood>

[sarrc@autismcenter.org](mailto:sarrc@autismcenter.org)

602-340-8717

- Provides comprehensive programs for adults with ASD, including a two-year independent living program, as well as employment programs, social skills programs, and other home- and community-based services.

### **UCLA Pathway Program**

<https://www.uclaextension.edu/pathway>

[pathway@uclaextension.edu](mailto:pathway@uclaextension.edu)

310-794-1235

- Two-year college program for students with intellectual or developmental disabilities (on- or off-campus) that offers a blend of educational, social, and vocational experiences; students attend on-campus classes and participate with UCLA students in the many social, recreational, and cultural activities of a major university

### **The Center for Discovery**

<https://thecenterfordiscovery.org/adult-residential-program/>

<https://thecenterfordiscovery.org/day-habilitation-services/>

845-794-1400

- Offer a continuum of residential opportunities for adults from age 21 to senior citizens with complex disabilities and medical frailties, as well as a habilitation program which includes vocational opportunities in the creative arts and agricultural care.

### **Helpful websites**

- College Central resources and information for students with ASD  
<https://researchautism.org/how-we-help/self-advocates/college/>
- College Autism Spectrum list of post-secondary support programs for students with ASD  
<https://www.collegeautismspectrum.com/collegeprograms.html>
- Spotlight on 10 colleges with support programs for students with ASD  
<http://www.friendshipcircle.org/blog/2016/07/22/spotlight-10-colleges-with-programs-for-asd-students/>
- Think College resources for students with ID  
<https://www.thinkcollege.net>
- U.S. Department of Education (2011). *Students with disabilities preparing for postsecondary education: Know your rights and responsibilities*.  
<https://www2.ed.gov/about/offices/list/ocr/transition.html>

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## Employment Programs and Supports

### **Exceptional Minds**

<https://exceptional-minds.org/>

[info@exceptional-minds.org](mailto:info@exceptional-minds.org)

818-387-8811

- Offer job training and hands-on experience through internships and provide employment opportunities in the animation and digital arts fields.

### **Gifted Hands Employment Services**

<http://www.giftedhandsresources.org/about>

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

310-692-1072

- Non-profit agency providing one on one candidate career placement to bridge the gap between vocational training services and employers searching for creative resources and solutions.

### **Hire Autism**

<https://www.hireautism.org/>

- A free program run by the Organization for Autism Research that has an active jobs board and offers resources for job seekers and employers; aims to expand opportunities for autistic individuals and serve as a continuing resource for them in their workplaces.

### **Integrate Autism Employment Advisors**

<https://www.integrateadvisors.org/>

- Offers employment resources for candidates on the autism spectrum and helps organizations identify, recruit, and retain professionals with autism.

### **Mentra**

<https://www.mentra.me/>

[info@mentra.me](mailto:info@mentra.me)

- A neurodivergent-friendly talent platform that matches neurodiverse individuals with employers that value their strengths through humanistic artificial intelligence and community-driven design.

### **Next for Autism: Project SEARCH Autism Enhancement**

<https://nextforautism.org/our-work/project-search-autism-enhancement/>

Next for Autism: 212-759-3775

Project SEARCH: 914-495-4531

- Offer a comprehensive employment training package and high school-to-work training curriculum (including employment skills, workplace immersion, and job placement) to support individuals with autism and developmental disabilities in gaining meaningful employment; also train job coaches and employers on specific strategies for working with the autism population.

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### **UCLA College to Career**

<https://www.semel.ucla.edu/autism/college-career>

[uclacolleetocareer@gmail.com](mailto:uclacolleetocareer@gmail.com)

310-794-4008

- Innovative offering for undergraduate and graduate students with ASD who are interested in acquiring job-related, social, and practical skills for a successful transition from educational to employment settings; teaches students necessary skills for obtaining and maintaining a job and provides an internship experience to practice learned skills.

### **Small businesses that employ people with developmental disabilities**

- **Extraordinary Ventures**  
<https://www.extraordinaryventures.org/about-us/>
  - Offer employment opportunities for people with developmental disabilities with the goal of creating sustainable businesses (e.g., gifts, laundry, office solutions, pet care) operated by a neurodiverse workforce.
- **Autonomy Works**  
<https://www.autonomy.works/>
  - Partner with leading companies needing high quality operations support, and employ people with ASD in the fields of digital marketing, transaction processing, data management, and quality assurance.
- **Inclusion Films**  
<https://www.inclusionfilms.com/>
  - Offer filmmaking workshops to individuals with developmental disabilities in six dedicated production studios throughout California; films and documentaries are created and produced by crews consisting of individuals with intellectual and developmental disabilities.
- **nonPareil Institute**  
<https://npusa.org/>
  - Post-secondary innovative program providing structured job training to support neurodiverse students in building the technical and team-working skills for a career in the digital technology field.

### **Helpful websites/articles**

- 30 best employers for people with autism 2020  
<https://www.appliedbehavioranalysisprograms.com/companies-for-people-with-autism/>
- Job Accommodation Network (JAN)  
<https://askjan.org/>
- Office of Disability Employment Policy  
<https://www.dol.gov/agencies/odep>
- Top 10 autism friendly employers  
<https://www.verywellhealth.com/top-autism-friendly-employers-4159784>

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## Social Skills Programs

### UCLA PEERS® Program

<https://www.semel.ucla.edu/peers>

310-267-3377

- PEERS® for Adolescents (social skills group for teens in middle school and high school)
- PEERS® for Young Adults (social skills group for young adults ages 18-35)
- PEERS® for Careers (social and employment skills group for college students)
- PEERS® for Dating (dating skills group for young adults ages 18-35)
- PEERS® Educational Classes (virtual social skills class for teens and young adults)
- PEERS® Bootcamps (2-day bootcamps on conversations, dating, friendships, and handling bullying for teens and young adults)

### PEERS® Certified Providers

The UCLA PEERS® Clinic trains mental health professionals and educators in how to implement the PEERS® intervention. To find a PEERS® Certified Provider near you, visit:

<https://www.semel.ucla.edu/peers/find-peers%C2%AE-certified-provider>

\*A select number of certified providers in the Los Angeles area is provided below.

### Leila Glass, PhD

<https://www.neuroguidancecenter.com/>

[drglass@neuroguidancecenter.com](mailto:drglass@neuroguidancecenter.com)

424-209-2511

- Offers individualized PEERS® social skills training, and conducts bootcamps and skills groups for teenagers and young adults, focused on building adaptive skills, preparing for transitions, and pre-college bootcamps.

### Ted Hutman, PhD

[www.tedhutman.com](http://www.tedhutman.com)

[ted@tedhutman.com](mailto:ted@tedhutman.com)

424-235-0590

- Specializes in the treatment of children, adolescents, and young adults with autism spectrum disorder and anxiety, and their parents.

### Vindia Fernandez, PhD

<http://pediatricneuropsych.com/>

[center@pediatricneuropsych.com](mailto:center@pediatricneuropsych.com)

424-255-6388

- Offers individualized PEERS® social skills training and cognitive behavioral therapy for adolescents and young adults with ASD, ADHD, social anxiety, and other social challenges.

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## Dating and Sex Education Groups and Resources

### **The Help Group's Advance LA – Sex Ed Class & Dating Coaching**

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

[advancela@thehelpgroup.org](mailto:advancela@thehelpgroup.org)

Jeri at [JRochman@thehelpgroup.org](mailto:JRochman@thehelpgroup.org)

818-779-5198

- Offer individual dating and relationship coaching, and a 16-week group sex education program called, “Let’s Talk About Sex,” (taught by Dr. Jamie Barstein) for young adults with ASD. Topics include exploring sexuality, engaging in safe sex, setting boundaries, and responsibly using the internet. Young adults have a chance to ask questions, gather information, and practice communicative skills that are important for developing healthy relationships.

### **McRory Pediatric Services**

<https://www.mcrorypediatrics.com/>

818-501-8352 (Tarzana) & 661-388-5945 (Santa Clarita)

- Provides a Healthy Relationships & Sexuality Course for individuals ages 12-21. Topics include anatomy, sexual health, and healthy communication within relationships.

### **PEERS® for Dating**

<https://www.semel.ucla.edu/peers/peers%C2%AE-dating>

[peersclinic@ucla.edu](mailto:peersclinic@ucla.edu)

310-267-3377

- 16-week research program teaching social skills for finding and maintaining romantic relationships to young adults ages 18-35. Topics include dating do’s and don’ts, online dating, handling dating pressure, relationship boundaries, and sexual intimacy.

### **Project CRUSH**

<https://answers.childrenshospital.org/crush-developing-a-sexual-education-program-for-young-adults-on-the-autism-spectrum/>

[ProjectCRUSH@childrens.harvard.edu](mailto:ProjectCRUSH@childrens.harvard.edu)

- Research study at Boston Children’s Hospital examining a skills-based training program teaching sexual health and dating/relationship skills to adults ages 18 to 26 with autism.

### **Helpful articles**

<https://autismspectrumnews.org/dating-and-relationships-a-perennial-challenge-for-many-autistics/>

<https://www.autismparentingmagazine.com/honest-dating-autistic-people/>

<https://www.carautismroadmap.org/romance-101-dating-for-adults-with-asd/?print=pdf>

<https://www.spectrumnews.org/features/deep-dive/sex-foreign-words/>

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### **Helpful books**

- ***Autism-Asperger's and Sexuality: Puberty and Beyond*** by Jerry and Mary Newport  
<https://www.amazon.com/Autism-Aspergers-Sexuality-Puberty-Newport-Paperback/dp/B00ZLV9KOA>
  - Written for adolescents and young adults with ASD by a husband and wife team who are both on the autism spectrum.
- ***Healthy Relationships*** by Tarane Sondoozi, Diana Loiewski, and Renee Tompkins  
<https://www.socialthinking.com/Products/healthy-relationships>
  - Workbook for teens and adults that teaches how to build friendships and relationships safely over time through activities, cartoons, and scenarios.
- ***Taking Care of Myself: A Healthy Hygiene, Puberty and Personal Curriculum for Young People with Autism*** by Mary Wrobel  
<https://www.amazon.com/Taking-Care-Myself-Personal-Curriculum/dp/1885477945>
  - Book for teens and young adults with ASD that includes topics such as public vs private behaviors, social media issues, sexual harassment, finding and keeping friendships and relationships, safe and responsible sex, and more.
- ***What's Happening to Tom*** by Kate E. Reynolds  
<https://www.amazon.com/Whats-Happening-Tom-conditions-Sexuality/dp/1849055238>
  - A book about puberty for boys and young men with autism and related conditions.

### **Free Online Resources for Sex Education**

<https://www.plannedparenthood.org/learn/for-educators/digital-tools>

- Courses and video modules providing sex education.

<https://researchautism.org/sex-ed-guide/>

- Sexuality and sex education resource written for people on the autism spectrum.

<https://sparked.net/resources/>

- Resources to support LGBTQ+ inclusive sex education.

<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education>

- Guide for autistic adults and parents on talking about sex and sexuality, navigating intimate relationships, staying safe, and more.

<https://www.respectability.org/resources/sexual-education-resources/>

- Resource guide for sexual education for children, teenagers, and adults with intellectual and developmental disabilities.

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## Social/Recreational Activities

### **The Help Group's Club LA**

<https://www.meetup.com/clubla/>

- Part of Advance LA, Club LA is a social community for young adults ages 18 to 29 who have diverse challenges; offers a variety of activities for participants, including movie nights, bowling, anime events, gaming tournaments, hiking or nature walks, beach days, museums, and other local LA events.

### **Friendship Foundation**

<https://www.friendshipfoundation.com/programs-for-adults-18-30/>

- Offer a wide array of social recreational programs to young adults ages 18 to 30, including dinners with friends and activities in community settings (e.g., bowling, yoga, zoo, drama class, and more).

### **KindTree – Autism Rocks**

<https://kindtree.org/>

- Support individuals with autism and developmental disabilities through the arts, education, recreation, peer support groups, and community involvement.

### **Los Angeles Neurodiversity (LAND)**

<https://www.meetup.com/LANeurodiversity/>

- A social, support, and advocacy community for neurodivergent adults and/or self-advocates that organizes peer support groups, family events, and other beneficial events throughout LA County or online every month.

### **The Miracle Project**

<https://themiracleproject.org/>

- Offer musical theater, improv, production, and social skills classes for teens and adults.

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## Financial/Legal Resources

### About Probate Conservatorship

[https://www.scsccourt.org/self\\_help/probate/conservatorship/conservatorship\\_overview.shtml#what](https://www.scsccourt.org/self_help/probate/conservatorship/conservatorship_overview.shtml#what)

- Provides answers to frequently asked questions about conservatorship.

### California Regional Centers

<https://www.dds.ca.gov/rc/>

- A statewide network of 21 community-based, non-profit agencies known as regional centers, funded through the Department of Developmental Services, through which services are coordinated and delivered. Adult services include case management, supported living, independent living, day programs, employment programs, respite care, personal assistance, community integration, advocacy groups, and crisis response.
- Note: for Developmental Disability Services in states other than California, see <https://www.nasdds.org/state-agencies/>

### Doug Flutie Jr. Foundation

<https://www.flutiefoundation.org/relieving-financial-burden-families>

- Provide direct financial assistance for families, fund service organizations that provide critical, innovative, and responsive programming for people with autism, and advocate for greater acceptance and awareness of autism spectrum disorder.

### Handbook for Conservators

<https://www.courts.ca.gov/documents/handbook.pdf>

- Comprehensive legal information for conservators in California.

### Legal Forms

<https://www.courts.ca.gov/forms.htm?filter=GC>

- Official California guardianship and conservatorship forms.

### Madison House Autism Foundation

<http://madisonhouseautism.org/resources/topic/financial/>

<http://madisonhouseautism.org/resources/topic/legal/>

- Provide links to financial and legal resources by state.

### Mains'1 Financial Management Services

<https://www.mainsl.com/>

- Offers person-centered financial support for neurodiverse adults, including financial management services for people using self-directed services.

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**Merrill Lynch Special Needs Financial Advisory Team**

<https://fa.ml.com/california/modesto/snt/>

- Offer financial advice and guidance to improve the long-term wellbeing of people with disabilities and other vulnerable populations.

**Proxy Parent Foundation**

<https://www.proxyparentfoundation.org/>

- Offers special needs trusts to safeguard public benefits for individuals with disabilities and provides family-like personal support services for beneficiaries.

**Social Security Administration (SSA)**

<https://www.ssa.gov/benefits/disability/>

- Describes benefits for adults with disabilities, such as Social Security Disability Insurance (SSDI), Supplemental Security Income (SSI), Medicaid and/ or Medicare, and, specific to employment, PASS (Plan for Achieving Self-Support) and Ticket to Work programs. Financial, medical, and employment information is also available.

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## Helpful Websites

### **Advancing Futures for Adults with Autism (AFAA)**

<https://www.facebook.com/AFAAutism/>

- A national consortium of prominent organizations seeking to transform public policy and programming for teens and adults with ASD; provides information related to initiatives to increase appropriate housing and residential support, improve employment opportunities, and foster community integration for adults with ASD.

### **Asperger/Autism Network (AANE)**

<https://www.aane.org/resources/adults/>

- Provide information, education, community, support, and advocacy to people with neurodiverse profiles through support groups, coaching, social skills groups, and more.

### **Association for Science in Autism Treatment (ASAT)**

<https://asatonline.org/for-parents/education/lifespan/>

- Offers resources about autism across the lifespan, including helpful websites and articles about the transition to adulthood, employment, postsecondary education, and housing.

### **Autism.com**

<https://autism.com/>

- An online resource directory that connects individuals with ASD with therapeutic and educational services; has helpful blog posts and autism-related news stories.

### **Autism After 18**

<https://autismafter18.org/>

- Creates virtual and in-person opportunities for young adults with autism to interact in the community on a social, professional, and educational level.

### **Autism After 21**

<http://madisonhouseautism.org/autism-after-21/>

- Seeks to expand attention, care, and support for adults with autism; offers a resource hub for navigating adulthood, including health, financial, legal, housing, post-secondary education, and employment resources.

### **Autism Hangout**

[www.youtube.com/user/autismhangout](http://www.youtube.com/user/autismhangout)

- Videos of Dr. Tony Attwood, one of the world's foremost experts on autism spectrum disorder, discussing various topics relevant to autistic adults.

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### **Autism Housing Network**

<https://www.autismhousingnetwork.org/>

<https://www.facebook.com/autismhousingnetwork/>

- A platform for sharing housing options, existing and emerging housing models, for adults with autism and other developmental disabilities. A Housing Directory lists many types of living environments throughout the US.

### **Autism Spectrum Explained**

<https://www.autismspectrumexplained.com/famous-autistic-people.html>

- List of famous people on the autism spectrum; also includes a blog and other resources.

### **Autism Speaks**

- Adult Services
- [www.autismspeaks.org/audience/adults](http://www.autismspeaks.org/audience/adults)
- Autism in the Workplace Resources  
[www.autismspeaks.org/family-services/adult-services/autism-and-employment](http://www.autismspeaks.org/family-services/adult-services/autism-and-employment)
- Employment Tool Kit  
[www.autismspeaks.org/family-services/tool-kits/employment](http://www.autismspeaks.org/family-services/tool-kits/employment)
- Housing and Residential Supports Tool Kit  
[www.autismspeaks.org/family-services/housing-and-community-living](http://www.autismspeaks.org/family-services/housing-and-community-living)
- Is it autism, and if so what next? A guide for adults  
<https://www.autismspeaks.org/sites/default/files/2018-08/Adult%20Tool%20Kit.pdf>
- Postsecondary Educational Opportunities Guide  
[www.autismspeaks.org/family-services/tool-kits/postsecondary](http://www.autismspeaks.org/family-services/tool-kits/postsecondary)
- Transition Information: California  
<https://www.autismspeaks.org/sites/default/files/2018-10/california-ttk.pdf>

### **Autistic Self Advocacy Network (ASAN)**

<https://autisticadvocacy.org/>

- A nonprofit organization run by and for autistic people that seeks to organize the autistic community to ensure their voices are heard in the national conversation and in policymaking. “Nothing About Us, Without Us!”

### **Carly’s Cafe: Experience Autism through Carly’s Eyes**

[www.carlyscafe.com](http://www.carlyscafe.com)

- An interactive website that mimics the experience of living with ASD.

### **GRASP - Global and Regional Autism Spectrum Partnership**

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

- An autistic and neurodivergent led non-profit providing support groups, online chat groups, virtual coaching services, presentations and workshops, and more.

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**Next for Autism**

<https://nextforautism.org/our-work/>

- A non-profit organization that strategically designs innovative programs to support people with ASD; offers resources and information to support the transition to adulthood.

**Neurodiversity Hub**

<https://www.neurodiversityhub.org/>

- Work to maximize the potential and talent of neurodivergent students by providing resources and linking students to accommodations and supports, as well as internships and employment opportunities.

**Neurodiversity Network**

<https://www.neurodiversitynetwork.net/>

- Provide resources for neurodivergent job seekers and students to find meaningful employment and educational experiences, and support employers and universities by enhancing neurodiversity awareness and acceptance.

**Organization for Autism Research**

<https://researchautism.org/how-we-help/self-advocates/resources-self-advocates/>

- Provide resources and guides to support autistic young adults in college and employment.

**Wrong Planet**

<https://wrongplanet.net/>

- A web community for neurodiverse youth, providing discussion forums, videos, articles, blogs, how-to guides, and more.

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<b>Books and Media</b>
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**8 books by and for adults with ASD**

<https://autism.com/blog/8-books-by-and-for-adults-with-asd/>

*Autism Adulthood: Strategies and Insights for a Fulfilling Life* by Susan Senator

<https://www.amazon.com/Autism-Adulthood-Strategies-Insights-Fulfilling/dp/151070423X>

*Autism Goes to College*, documentary film and podcast

<https://www.autismgoestocollege.org/>

*Autism in Love*, documentary film

<https://www.autisminlove.com/>

*Beyond the Wall: Personal Experiences with Autism and Asperger Syndrome* by Stephen M. Shore

<https://www.amazon.com/Beyond-Wall-Stephen-M-Shore/dp/1931282196>

*Defining Autism from the Heart: From Nonverbal to National Speaker* by Kerry Magro

<https://www.amazon.com/Defining-Autism-Heart-Kerry-Magro/dp/0615818102>

*Life and Love: Positive Strategies for Autistic Adults* by Zosia Zaks

<https://www.amazon.com/Life-Love-Positive-Strategies-Autistic/dp/1931282935>

*Neurotribes: The Legacy of Autism and the Future of Neurodiversity* by Steve Silberman

<https://www.amazon.com/Neurotribes-Legacy-Autism-Future-Neurodiversity/dp/0399185615>

*The Breakaway: A Parent's Guide to Transitioning the Autistic and Twice Exceptional Adolescent into Young Adulthood* by Thomas W. Welch

<https://www.amazon.com/Breakaway-Transitioning-Exceptional-Adolescent-Adulthood/dp/B091G9HB8R>

*The Science of Making Friends* by Elizabeth Laugeson

<https://www.amazon.com/Science-Making-Friends-DVD-Challenged/dp/1118127218>

*Thinking in Pictures: And Other Reports from My Life with Autism* by Temple Grandin

<https://www.amazon.com/Thinking-Pictures-Expanded-Life-Autism/dp/0307275655>

*Uniquely Human*, book by Barry M. Prizant and podcast

<https://www.amazon.com/Uniquely-Human-Different-Seeing-Autism/dp/1476776245>  
<https://uniquelyhuman.com/>

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