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# Adults On The Autism Spectrum Leave The Nest: Achieving Supported Independence



## Synopsis

Children on the Autism Spectrum often grow up to find they are unable to cope effectively with the challenges of adult life. This book shows that, with the appropriate lifelong care from parents and carers, it is possible for those with neurodevelopmental disabilities to achieve supported independence and live fulfilling adult lives. *Adults on the Autism Spectrum Leave the Nest* provides a guide for parents on how to prepare their children for adulthood, and describes in detail the kinds of services people with Autism Spectrum Disorders (ASDs) need in order to live independently, away from the parental home. The author explains the importance of the cognitive abilities that enable us to regulate behavior and adapt to changing situations, known as Executive Functions, and how an individual's deficits in this area can be especially problematic in the adult world. The book provides approaches to managing Executive Function Deficits and describes an innovative therapeutic program that successfully allows adults with ASDs to live with their peers and develop meaningful adult relationships. This book provides practical and accessible guidance for parents, therapists, people with ASDs, and anyone with an interest in helping people on the Autism Spectrum lead their lives with a sense of dignity and independence.

## Book Information

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## Customer Reviews

As a psychologist with a strong background in neuropsychology, I am delighted at the unique contribution this book makes to my field. There are many books that address the needs of children with an autistic spectrum disorder (ASD), but none that guide parents to help their children live

independently once they reach adulthood. I have a special interest in ASD because of my 25-year-old nephew whose hydrocephalus has left him with many executive function deficits that have significantly affected his ability to live independently, keep a job, and function socially. His deficits are so subtle that they are often misunderstood by the people who know and care about him. I have already ordered copies of this book for them. This highly accessible book springs from Dr. Perry's personal experience growing up with two sisters with disabilities as well as her extensive clinical experience working with adults with ASD. It meets parents where they live, addressing their hopes and fears as well as offering practical advice for dealing with the everyday challenges unique to this population--challenges like managing money, lying, making friends, being sexually active, honoring commitments. It addresses parental guilt and acceptance with the compassion and insight. Dr. Perry gives down-to-earth explanations of complex constructs, like initiation, self-monitoring, impulsivity, empathy, and emotion and attention regulation. And a bonus: She describes these and other executive functions with such clarity that after reading this book you will find greater insight into not only your child's behavior, but also into the workings of your own brain. The tone is positive and supportive without shying away from the very real difficulties that ASD presents.

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