



A Roadmap for Your Child

While every child, adolescent and adult with autism spectrum disorder (ASD) is different, this roadmap may help provide some general insight of what you can expect at different stages — and how to prepare for what's next.

High School

- Seek out education advocates who can help your child continue with his or her education and growth
- Help your child learn and explore self-advocacy skills
- Consider therapies that focus on both friendships and romantic relationship development
- Continue providing positive sex education
- This is typically the stage in your child's life where you, the parent and/or caregiver, will need to learn to step back and let go a bit. Your child — like all teenagers — needs to face challenges in order to learn and, ultimately, thrive

Transition planning

As your child nears the end of high school, it is important to remember that there are supports that can help your child can continue with his or her education and live a fulfilling, productive adult life.

- Work with education advocates to determine college success opportunities
- Seek out supports that focus on vocational possibilities for young adults with ASD
- Begin helping your child master adaptive skills, such as transportation and independent living
- Explore residential/housing options
- Determine a plan for your child's future when you are no longer able to be the primary caregiver

Autism Resource Directory

We can help you find the services and resources you need. The [Autism Resource Directory](#) is a comprehensive online directory that links you to service providers, support groups, community resources and government programs across the nine-county Chicago metropolitan area — Cook, DuPage, Grundy, Kane, Kankakee, Kendall, Lake, McHenry and Will.