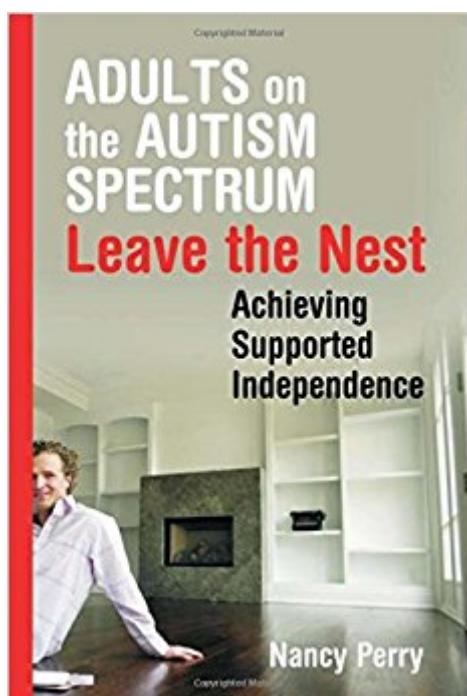


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# Adults On The Autism Spectrum Leave The Nest: Achieving Supported Independence



## **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 behaviour 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**

Perry thoroughly discusses the importance of teaching self-help skills and domestic responsibilities to children on the autism spectrum before they become adults with more ridged patterns of living and learning. Perry also explains why and how the program creates structure and guidelines to best

support adults on the autism spectrum so that they can avoid common pitfalls and live as independently as possible. Peppered with both cautionary tales and success stories, Perry gives a realistic portrayal of what it takes to achieve supported independence as an adult on the autism spectrum. "The Spectrum... A clearly written presentation addressing the significant challenges faced by adults on the autism spectrum as they attempt to make the transition to independence..." "On the Spectrum" This is a book that every parent of every autistic child, adolescent or adult, needs to read. "Siautism.net" The strength of this book lies in its use of many examples from the author's own experience illustrating common difficulties encountered in social interactions and making sense of behaviours through an executive functions deficit model. This book really does speak to parents. It makes a good case for thinking and planning around independence, and encourages parents not to feel guilty should they decide on a residential facility for their adult child. "Community Living" As a student, with limited knowledge and experience into ASD, I found the book very accessible and provided a welcoming insight into the disability. Part one: understanding ASD and part 2: Understanding executive functions and ASD provided handy anecdotes to illustrate how deficits in cognitive abilities lead to people with ASD being unable to adapt to changing situations or regulate their behaviour. "College of Occupational Therapists" It gives a valuable insight into the world of people with ASD highlighting how their difficulties are often attributed to behaviour and personality. It will help families to understand individuals and direct strategies appropriately... she (Nancy Perry) provides parents a very insightful approach in preparing their children with disabilities for adulthood... This well written book encourages readers with children with ASD to think about their future early on in life. It gives simple jargon free advice to many of the problems faced in the journey to adulthood and helps provide a solid foundation to build upon in the future... gives readers the option of helping people with ASD live successfully out with family homes enjoying satisfying peer relationships. "The British Journal of Developmental Disabilities" 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 behaviour 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.

As a student, with limited knowledge and experience into ASD, I found the book very accessible and provided a welcoming insight into the disability. Part one: understanding ASD and part 2: Understanding executive functions and ASD provided handy anecdotes to illustrate how deficits in cognitive abilities lead to people with ASD being unable to adapt to changing situations or regulate their behaviour. (College of Occupational Therapists) It gives a valuable insight into the world of people with ASD highlighting how their difficulties are often attributed to behaviour and personality. It will help families to understand individuals and direct strategies appropriately... she (Nancy Perry) provides parents a very insightful approach in preparing their children with disabilities for adulthood... This well written book encourages readers with children with ASD to think about their future early on in life. It gives simple jargon free advice to many of the problems faced in the journey to adulthood and helps provide a solid foundation to build upon in the future... gives readers the option of helping people with ASD live successfully out with family homes enjoying satisfying peer relationships. (The British Journal of Developmental Disabilities) The strength of this book lies in its use of many examples from the author's own experience illustrating common difficulties encountered in social interactions and making sense of behaviours through an executive functions deficit model. This book really does speak to parents. It makes a good case for thinking and planning around independence, and encourages parents not to feel guilty should they decide on a residential facility for their adult child. (Community Living) This is a book that every parent of every autistic child, adolescent or adult, needs to read. (Siautism.net)... A clearly written presentation addressing the significant challenges faced by adults on the autism spectrum as they attempt to make the transition to independence... (On the Spectrum) Perry thoroughly discusses the importance of teaching self-help skills and domestic responsibilities to children on the autism spectrum before they become adults with more rigid patterns of living and learning. Perry also explains why and how the program creates structure and guidelines to best support adults on the autism spectrum so that they can avoid common pitfalls and live as independently as possible. Peppered with both cautionary tales and success stories, Perry gives a realistic portrayal of what it takes to achieve supported independence as an adult on the autism spectrum. (The Spectrum)

As my son with Asperger's reached adulthood I sensed that he would have a difficult time living independently, but I couldn't define the ways in which he would need help. He is so bright that I am constantly amazed at the difficulty he has with "simple things", like following a recipe. I needed a roadmap to follow as I guide him toward independence. I was also looking for guidelines for a relative who may act as guardian when I am gone. This book spells out the ways in which poor executive function challenges people with autism, making it difficult for them to set goals, live purposefully, handle finances, maintain employment and carry out the chores of everyday living. Having read this book I now realize why total independence is not a realistic goal for my son, but that with proper support he can make a satisfying life for himself. The message is sobering, but not depressing. The author has good academic credentials, but her wisdom comes from years of helping autistic individuals live their day-to-day lives. The book is very readable, clear and easy to assimilate.

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. This book as an essential resource for therapists, employers, parents, concerned family members, and anyone else

who cares about and works with adults with an ASD. The many case examples capture the essence and uniqueness of adults with this complex condition. She offers a good balance of first person reports, case examples, clinical information, and practical suggestions. It is both informative and a pleasure to read. I highly recommend it.

The author is very knowledgeable about autism and executive functioning, and about the issues parents confront in life planning for their autistic children. I just wish there were more programs like the one she describes and has been involved in! Her book is a positive voice in planning the transition to adulthood. It is a wonderful resource for parents. The subject is one not often addressed in autism circles. I recommend it highly.

Great insight and new knowledge for parents seeking support

This book has been very helpful in giving hope and insight to an area of autism that there is not much written about. Nancy Perry offers good direction and wonderful models to use at home. Good resource for anyone who has an adult child on the autism spectrum.

My son is 24 years old; has several learning disabilities and 4 years ago was diagnosed with autism... So at least we know now what we are dealing with. How I wish I had read this book years ago.... It is wonderfully clear and understandable especially on issues of executive functioning. I am most grateful to Nancy Perry!!

A must have for parents and providers. This is also a great book to help you prepare for what is to come!

I have been a child advocate for over forty years since my youngest child had unidentified issues that kept her from conformity. As this author points out, in the 1960's ADHD was just beginning to be recognized. Her youngest son has lived with me for over six years and was finally labeled Aspergers. How I wish this book had been available to help our family over those many decades. The author knows the subject. How rare that is in the world of syndromes and disability! By reading and rereading this book I know this month that my ADHD girl probably is/was on the autism spectrum. What a shock that I hadn't figured that out before. There is a potential plan in this book for leading your child to become an independent adult. It may be too late for us to pull it off since we

are in our 70's but I strongly recommend this book. It brings understanding and, most importantly, it brings hope. A must read!

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