

Barriers to Independent Living for Individuals with Autism

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Objective:

Educate myself and as many people as possible about Autism and increase their understanding of the mild and more severe forms of this disability. Identify factors which influence independent living among persons across the spectrum.

Method:

Literature review and synthesis of five scholarly articles. Google Scholar search Key terms included "autism," "independent living," "factors," and "high functioning vs. low functioning."

Results/Conclusion:

Autistic people need much more help with daily living skills (DLS) than their neurotypical peers. It is important for families to connect early on with services, supports and funding to improve independent living outcomes for their children. Adults with autism who have high level needs should continue to receive DLS training.