

Supports For Individuals With ASD & Their Caregivers

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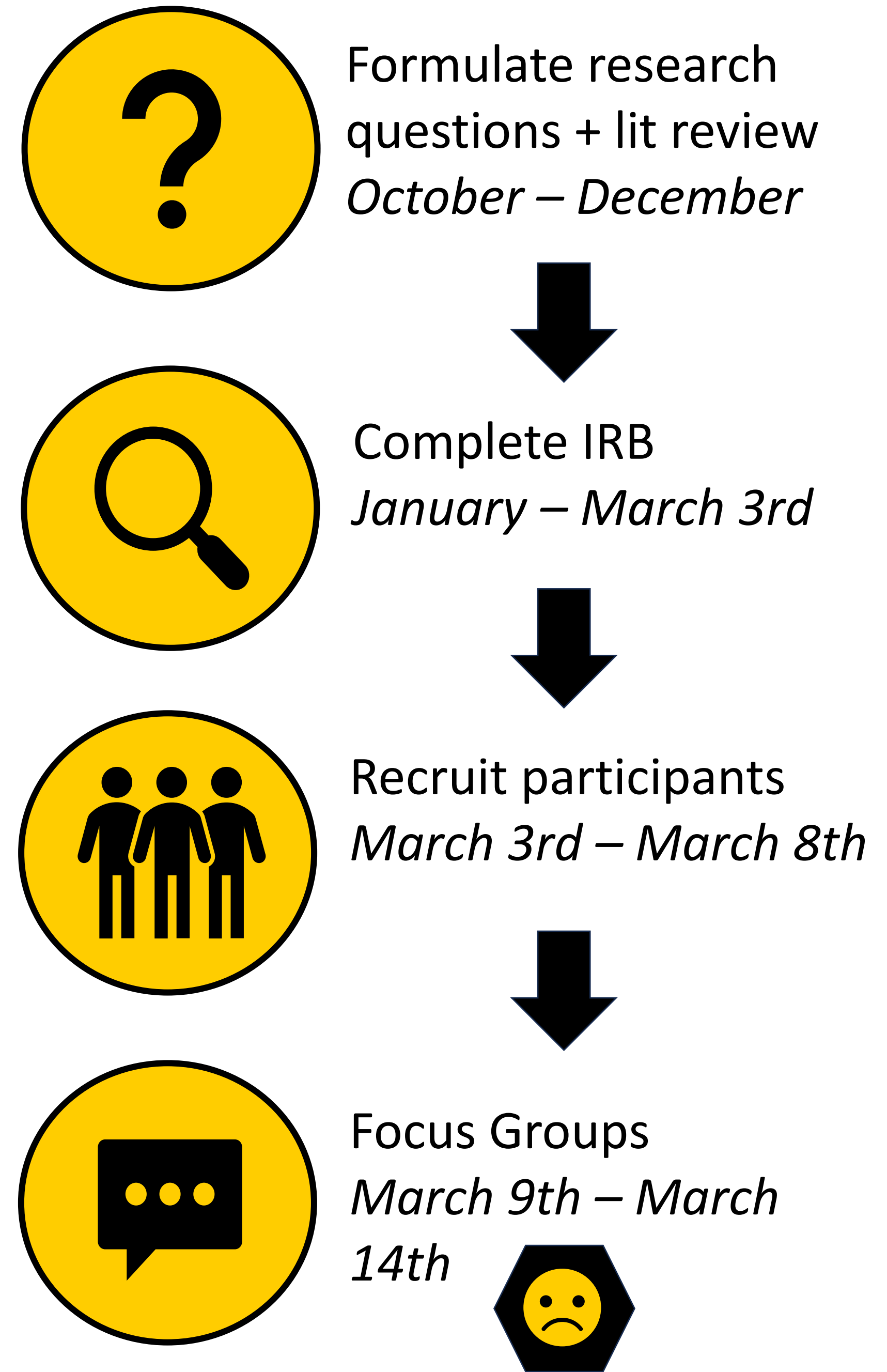
Background

Young adults with Autism Spectrum Disorder often face significant challenges after high school, yet few qualitative studies explore their experiences or evaluate the effectiveness of existing support systems (1, 2, 3). According to Kristi, "It's isolating, and it highlights the need for more awareness and resources for autistic people at every stage of life."

Aims

Obtain knowledge about supports that adults with autism and their caregivers found helpful, allowing us to (1) become effectively supportive by providing specific recommendations in reports and feedback to caregivers; (2) advocate for supports for self and other people and be aware of supports that work best for self-advocates; and (3) understand the circumstance in which a given support is most beneficial compared to others.

Methods



Future Directions

- Recruitment:
 - Send emails directly to potential participants
 - Make any social media posts unshareable to different groups
- Alternative projects:
 - In-person instead of zoom
 - Survey or individual interviews instead of focus group
- Continue to ask for personal experiences of adults with autism!

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References*

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