

Ideas About Planning for the Future!

What would you like your son or daughter's life to look like when they are an adult? It's often difficult to imagine the needs of your son or daughter in the future.

Think about the skills they will need when they are 20, 30, 40, and 50! What skills and supports will they use to lead a quality, valued lifestyle? What steps must be taken to get there?

- 1) **Lifestyle**- To many, being an adult means having a job, leisure activities, and camaraderie. What steps need to be taken to make that happen?
 - **Life skills** may include laundry, cooking, cleaning, and personal hygiene. Break down a chore into pieces that your son or daughter can complete. Assign your son or daughter with ASD responsibilities that are appropriate for them.
 - Visual supports can help teach new skills. Visit www.autisminternetmodules.com to learn how to make visual supports.

- 2) **Legal Matters**- Like anyone else, when your son or daughter turns 18, he or she becomes a legal adult. Sometimes, adults with ASD may need assistance in decision making and money management. Investigate your options ahead of time.
 - **Guardianship** is a legal tool that grants a parent or other adult the legal authority to make decisions for an adult with a disability.
 - Writing a **directive** can ensure that in the case someone else had to assume care of your son or daughter, their quality of life would be maintained.

- 3) **Financials**- Money management and financial security is something all adults must consider. Sometimes, adults with ASD will not work to a level of financial independence, and use social security or other established funds.
 - Some families establish a **Special Needs Trust** to provide funds for the person with ASD. Consult with an attorney about setting up a trust.
 - Today, many adults with ASD are successful employees and tax payers. No matter the age of your son or daughter, consider how

their skills and interests might translate into job skills. Cultivate those skills!

4) Benefits and Resources There are a wide variety of benefits and resources available to people with autism.

- Download Chapter 5 of the KATC Family Guide to learn more about Social Service Programs in Kentucky, and which might be right for your family.
- If your son or daughter is 18 or older and they have a diagnosis of autism, they are eligible for Social Security Benefits. Contact your local branch of Social Security to get started!