



# Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome

*Jed Baker*

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## **Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome** Jed Baker

Typically, ASD high school graduates are unprepared for the transition to independence. Early, ongoing training in the social skills crucial to establishing successful adult relationships—in college, vocational school, residential living, or on the job—can help. He also guides readers through the legal, financial, educational, vocational, and community resources available after graduation. The essence of the book lies in the 73 “Skill Lessons” targeting:

- nonverbal communication
- empathy
- anger/anxiety management
- conversational skills
- employment-related skills

—which can be taught by parents, teachers, or professionals. This easy-to-follow resource offers a complete toolbox of social skills and the means to attain them.

Helpful chapters include:

- Asperger’s Syndrome, autism disorders, and the need for life skills training
- The transition process and the law
- College, Career and Residential Options Beyond High School: What parents can do to prepare their son or daughter (by Rick Blumberg, Ph.D.)
- Assessment of social skill needs
- Skill instruction strategies: Individual, small group, self-instruction
- Training peers to be more accepting of students on the spectrum
- Skill Lessons

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