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Proud Aspy Mom Newsletter
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The Way You Behave In The World Will Follow You



Transitions

I recently have had the privilege to spend some significant time with adults on the spectrum. Regardless of what their family did to help them transition into adulthood - they are still on their own.

These young adults also have the mentality of doing whatever it takes to succeed - but the individuals I met are more focused on agency. While they should be working towards their careers, love life and joy of living- they are advocating and doing whatever it takes to be seen. As a society we should think about that.



We should advocate for WHAT we want for everyone versus what we want and expect for some.

Turns out many students with disabilities want to transition into college. Their dreams unfortunately are deferred for a multitude of reasons.

Facts Do NOT LIE!

“College Enrollment: Nationally, 29.1 percent of young adults with disabilities ages 18 to 24 are enrolled in college, compared with 42.1 percent of their peers without disabilities”

Annual Youth Transition Report

Perhaps as a society we evaluate WHY—it is so hard to Transition Adults and find meaningful opportunities.

For now the best steps you can take as a parent is to explore career paths and support their dreams.

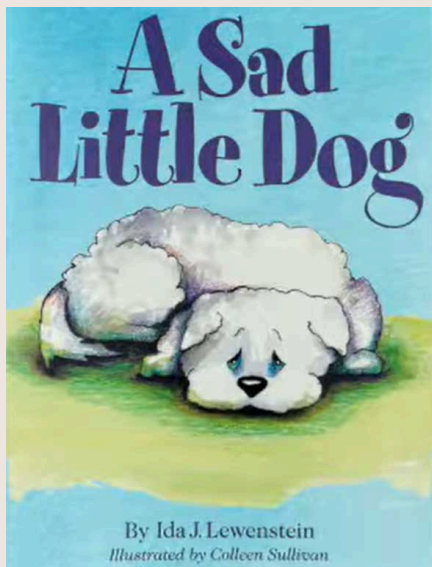
Independence

More than anything I see in the young autistic population is a goal to become independent. I cannot tell you how many people I have encountered on the spectrum who share this important life step with me.

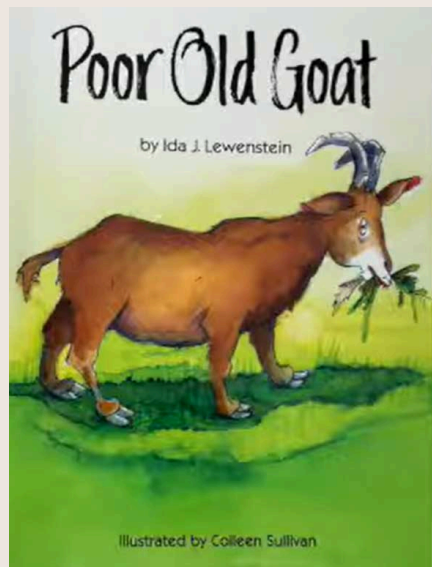
- Like everyone else-they want to live on their own
- Like everyone else- they want to pursue a career
- Like everyone else- they want to join clubs
- Like everyone else- they want to travel
- Like everyone else-they simply want a life.

This sounds like a simple solution but - **LET THEM!** It is not difficult to support someone who helps themselves. **LET THEM** work for you. **LET THEM** live next to you. **LET THEM** join inclusive activities. **LET THEM** travel freely. **LET THEM** have a life!

Our daughter is pursuing voice over acting. She scored her first gig and told us frankly that she is saving for her next phase of life. Check her out!
Independence.



Listen to Emerson narrate this story



Listen to the story narrated by Emerson

If you Fail to Plan - Plan to Fail

I have intuitively thought about a family plan but until recently did not think about the detail needed to implement it. So what is a family plan? Anyone can have one but for persons with disabilities it is important to create one if you firmly believe they will need assistance in the event you are unable to provide it or at the time of your death. GRIM right? But- If you Fail to Plan - Plan to Fail

So how do you start? There are many questions you should ask your personal circle. This requires significant reflection.

- 1- Who is in your personal circle?
- 2-What role do they currently play in your loved one's life?
- 3-What is their skillset and how will it help your loved one in the future?
- 4-How will you establish overall support?

Housing?

Health?

Employment?

Transportation?

SSDI?

Guardianship- if applicable?

- 5-Most importantly-what does this person impacted want for their life?

These are just a few questions to start contemplating. But having these conversations early and often are important to crafting a plan that supports your loved one and educates your support system and how they can contribute to your loved one's success.

Letter of Intent Form

**Checklist to help parents
effective ways to communicate
with caregivers**

[Check out the form](#)

In case you missed it! [December Newsletter](#)

 **Kimberly G Jackson**

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