



Proud Aspy Mom Newsletter
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Time to Revisit Guardianship

This is still a sticky subject. The topic of **Guardianship**. On the one hand you want to ensure a loved one is protected and ready to navigate life's challenges without being taken advantage of. On the other hand, you need to know how to approach this topic with a skilled attorney who can assist with Estate Planning for a person with special needs and allow your family to be honest about if they are willing to support your loved one and to what extent. It is beyond complex. I do NOT pretend to have all the answers, but I do believe that having someone in your loved one's corner to guide them until they are able to make key decisions on their own is an important for the sustainability of the loved one and their extended family. The guide below provides a basic overview of the process. Time to Revisit Guardianship!



Guardianship: A Basic Understanding for Parents

Helping Your Child Be An Independent College Student

Read Article

Read Article

I-N-D-E-P-E-N-D-E-N-T

We have this joke with our older daughter about her independence. She has always been fiercely independent, and we sing **I-N-D-E-P-E-N-D-E-N-T** by Boosie Badazz, Lil'Boosie, Webbie, Lil' Phat to her. The lyrics are somewhat strong for some taste but the point is clear. Everyone, including those on the Spectrum, wants Independence! Our younger daughter now following in her big sister's footsteps talks about this ALL the time. I can do that, I can do that, I do NOT need your help, I GOT this! It is frustrating and exhilarating all at once. The truth is our children need to learn how to sustain themselves. While we always want to be here for them it is important to teach them activities of daily life and to give them the space to practice them. The guide below is a great start for parents looking for ways to engage their young adults on the Spectrum as they enter this new phase of life.



I-N-D-E-P-E-N-D-E-N-T

Some Solace on Safety

Like most parents I worry a lot. I think that comes with the territory. Worrying has several iterations.

- We worry when our kids are starting to walk.
- We worry when our kids learn how to ride a bike.
- We worry about when our kids go to school for the first time.
- We worry when our kids learn how to drive.
- We worry about their first kiss.
- We worry about their next phase of life.

Mostly we worry about their safety. For parents of children/young adults on the spectrum that feeling does not go away easily. You know you must let go, but letting go requires trust in others- not necessarily your children. Our dear nanny, AKA Mary Poppins shared this Safety Net Tracking System with us. While I cannot endorse it or share much more about it than has been shared with me it was nice to have some Solace about safety options for loved ones who need a little extra protection. Definitely worth investigating further. Worrying is a waste of our energy. Solutions sooth the soul.

Tools for Caregivers

Tracking systems to keep loved ones safe.

[Read All About It](#)

SafetyNet
Tracking Systems

DO SEE How to Dance in Ohio: A Story About Autism and Connection

If you have not heard about this Broadway Musical, it is time to check in. The story is captivating. It centers around young autistic persons creating their own space to socialize and enjoy their Spring Social. The true story centers around these teens practicing for weeks to have the time of their life. It is always the simple memories we crave. In this case the opportunity to connect with others in a meaningful way. The cast has seven persons on the spectrum, and they remind us to SEE each other when we SEE each other!



"The stars of 'How to Dance in Ohio' on exploring connections among autistic adults"

[Watch The Video](#)

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