



Proud Aspy Mom Newsletter
December 2024

Difficulties!



Every Autistic Person has Someone Who Loves Them

I was tempted to not write this month. Strange-but I finally hit a wall and assumed my strength would return with the holiday hustle and bustle and ultimate rest. But the wall did not come down and I found myself in an unusual position- exhausted. People who know me KNOW I can go for a long time without fizzing out, but my body and mind for once decided I needed rest. I asked my husband what I should title this newsletter-should I decide to pursue it, and he said, Difficulties. What a perfect title!



There is no easy way to share when you are in a challenging space, but I will say this- Every Autistic Person has Someone Who Loves Them! When you see your loved one struggle to belong it is deeply painful. Character, Kindness,

Honesty, and Patience are all anyone needs to thrive. BUT we sometimes forget to ask the basic question- Are you ok? For families like ours, we cannot or do not always share but supporting us in the smallest of ways- matters.

- **Ask the family out for an outing,**
- **Provide Respite and take the child so the couple can go out on a date,**
- **Make them food,**
- **Offer to support the other children**

These small gestures MAKE all the Difference.

So for me- the wall finally came down because of a friend- who said they did not know how to help but they could certainly listen. It mattered!



Family Support and Care Coordination | Marcus Autism Center

[Read All About It](#)

ADA and FHA Help Pave the Way

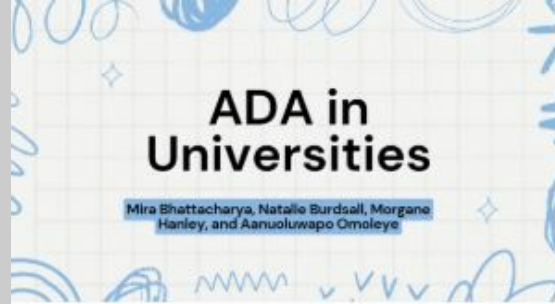
Our family has so much more to learn about support systems for persons on the Autism Spectrum. It seems endless. Although I am very familiar with the Americans with Disabilities Act, (ADA) and the Fair Housing Act, (FHA) from time to time I like to review the vast protection provided under these federal obligations. Now that our daughter is in college, we feel it is equally important to share expectations with other families who are embarking on similar journeys.

"The ADA is a federal law that legally prohibits discrimination against people with disabilities. It protects disability rights... [In Title III-Public Accommodations] Guarantees protection from discrimination and access to accommodations in private spaces that serve a public good or need such as restaurants, private schools, movie theaters, airports, stores, hospitals, and more.."

Every higher-level institution is required under federal law to have a designated person to address disability needs under the ADA. Moreover, accommodations to the extent reasonable should be tailored to the individual. This means if you do know what to do ask away. ADA and FHA Help Pave the Way. It is always appropriate to KNOW your rights! We are teaching our daughter to advocate, and although it is not easy to speak up- it is often necessary.

If you have more questions about Postsecondary Institutions and Students with Disabilities, contact your Regional ADA Center for assistance at 1-800-949-4232 or e-mail us at adakt@uw.edu
Southwest ADA Center

[Read the Article](#)



Partners for Youth
with Disabilities

Postsecondary
Institutions and Students
With Disabilities

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More Adulting

So, what do you do if you are 18 and you fall in the "donut hole" where you are too old for "SOME" support but not old enough or have the cognitive strength to support your needs? You find organizations that support you. My best friend shared a resource some time ago and I regret I did not listen.

The Frazer Center, a support system in Atlanta, GA helps persons with disabilities who need help finding their way. We think so much about school that we often take for granted the small things we do each day that shape our lives. Hobbies, Social Circles, Activities of Daily Living, Employment and Relationships can be difficult tasks for persons on the spectrum. Grateful to know there are places that WANT to help our loved ones. MORE ADULTING for them and for us.



"Frazer Center's Adult Program provides individualized programming and supports to individuals with intellectual and developmental disabilities."

[Read All About It](#)

Future - Dr. Awesome

As we wrap up this year, I would like to share the joy on my face when my older daughter, Chloe Jackson came home. It is just so beautiful to see her growth, development, creativity,

strength and overall excitement about LIFE. As my husband and I starred at her, we thought Chloe is going to be an incredible educator someday. Her aunt, Dr. Patricia Ann Harvey would be so honored to know she contributed to the making of a future leader.



We cannot wait to call you "Dr. Awesome!"

Happy New Year - Praying for you to THRIVE in 2025



*Happy New Year
2025*

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