

Issues in Independent Living for Adolescents and Adults on the Autism Spectrum

Adelphi University, Garden City, NY -- April 16, 2005

Co-Presented by AHA/AS/PDD, Advocates for Individuals with High Functioning Autism,
The Cody Center for Developmental Disabilities, Adelphi University Asperger
Foundation International & YAI-National Institute for People with Disabilities

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Keynote Speaker:

An Accidental Tourist in the World of Autism
Judith Cohen, Ph.D., JD., Adelphi Univ. 25-ASD-K1

Adult Panel: Transitioning to Independence: The Journey to Achieve a Satisfying Intimate Relationship

**Amy Gravino, Stephen Shore A.B.D., Roberto Tobar,
Michael John Carley, M.F.A., Moderator**

Amy and Stephen will discuss the challenges they face as individuals with AS and HFA and the strategies they have found helpful. A question and answer period will follow.

25-ASD-01

1. Self-Esteem, Self-Medicating, Self-Abuse and Personal Safety -- **Liane Holliday Willey, Ed.D.**

Liane has personally experienced the tough stuff that too often comes hand in hand with ASD. In this workshop Liane will talk about the lessons she has learned about avoiding potentially dangerous situations. How do you cope with dangerous situations that cannot be avoided? How do you build a plan for recovery?

25-ASD-02

2. Emotional Regulation: Coping with the Real World **Lynda Geller, Ph.D.**

Adolescence through early adulthood is a particularly vulnerable time for volatile emotional expression for those on the spectrum. Understanding and coping with these emotional differences is the key to developing a successful adulthood.

25-ASD-03

3. "Pleased to Meet ME: Getting and Keeping a Job" **Lisa Glickman, M.A.**

Learn skills to interview with confidence and maintain your job with self-assuredness. There's more to preparing for a job interview than copying your resume and buying a great outfit. How you act during an interview and your ability to answer questions well will dramatically increase your chance of landing the job. So where do you begin?

25-ASD-04

4. Research in Autism: Studies, Bioethical Considerations, and What's Being Done for Adults. **Kimberley Rogers, M.A., Anna Schissel, JD, Amy Gravino, Stephen Shore, A.B.D.**

This workshop will provide a broad overview of how research is conducted focusing on some of the factors you should consider if you think you (or your child) may want to participate in a research study.

25-ASD-05

5. "The Spectrum Conundrum: To Medicate or Not to Medicate!" Part I **David Dillon, M.D.**

Part I will cover ADHD and Tourette Syndrome medications.

25-ASD-06

6. Mental Health for Individuals with Autism Spectrum Disorders - **Valerie Gaus, Ph.D. and Jane Perr, M.D.**

This workshop will offer guidelines for recognizing the need for mental health services and negotiating the systems that provides them.

25-ASD-07

7. "The Personal" - **Michael John Carley, M.F.A.**

GRASP's Executive Director, Michael John Carley describes his experiences growing up with AS—back when no one knew it, of course."

25-ASD-08

8. Self-Advocacy and Planning for the Future – **Linda Milch, M.Ed. and Barbara Morell**

This workshop will discuss effective transition planning during high school and beyond for adults with disabilities. How do we develop skills for self-advocacy? How do we make an effective life plan? This workshop will be geared toward young adults and adults.

25-ASD-09

9. "The Spectrum Conundrum: To Medicate or Not to Medicate!" Part II

David Dillon, M.D.

Part II will be focused on OCD, Anxiety and Mood Disorder medications. This workshop will cover the pros and cons of medicating comorbid and internal regulatory issues in persons on the spectrum.

25-ASD-10

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10. Young Adult Panel – Michael John Carley, Mod
 These young adults will discuss the ups and downs that led them to where they are today. **25-ASD-11**

11. Creative Solutions to Housing – Jim Rein, M.S., Lisa Fleisher, Ph.D., Steve Fleisher, Denise Ferrara and Matt Sturiale, LCSW
 What type of housing is right for you? The speakers will give an overview on housing and information on their programs. **25-ASD-12**

12. Succeeding in College: From Self-Contained Special Education to an Honors College Program - Judith Cohen, Ph.D., JD and Adam Wittenstein, MA
 Adam, diagnosed with autism in early childhood, attended special education schools from pre-school through high school. This workshop will focus on the academic and personal issues that Adam faced when he entered college, and the adjustments that were necessary for success. **25-ASD-13**

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