

TAKEAWAYS

FOSTERING AUTONOMY & RESILIENCY IN YOUNG
ADULTS ON THE AUTISM SPECTRUM

WWW.THEROMEYNCOLLECTIVE.COM &
WWW.MEANINGFULGROWTH.COM

LIFE SKILLS INVENTORY

1

A solid life skills inventory:
<https://transitioncoalition.org/blog/assessment-review/life-skills-inventory-independent-living-skills-assessment-tool/#>

INTER- DEPENDENCE

2

Using this word instead of "independence" may lead to more insight about necessary supports and services that ultimately promote autonomy.

GREENWOOD CAREER GUIDANCE TOOL

3

The preeminent online career guidance tool:
<https://theromeyncollective.com/wp-content/uploads/2019/09/Greenwood-Assessment-1.pdf>

SELF- AWARENESS

4

One of the 5 social-emotional competencies, which serves as a foundation for all the others (self-management, social awareness, relationship skills & responsible decision-making).

EXECUTIVE SKILLS

5

A book that helps young adults use their executive skills to successfully transition to adulthood -- *Smart but Scattered and Stalled* by Richard Guare, Colin Guare & Peg Dawson