

Caring for adults with autism

Although symptoms may change and even improve, autism is a lifelong condition that presents many challenges through adulthood. Whether an adult with autism lives in a group home, independently, or with family, he or she still requires parental or some support.

Just as children with autism vary in their capabilities, so do adults. Some autistic adults are completely dependent on parents or other caregivers, while others are able to live a semi-independent life.

Resources for adults vary by state and community, but vocational training programs exist in many areas. These programs can help eligible adults with autism work on daily living skills to help them be as independent as possible. Sometimes supported employment opportunities are available, which allow both training and employment for the disabled. Information about state programs can usually be found in the yellow pages of your telephone book under the state Department of Vocational Rehabilitation. Contact support groups

or a health professional for help in finding regional programs.

Parents must plan for the future of a child with autism. The cost of care, eligibility for government assistance, and the individual skills and abilities of the child should all be taken into consideration. Some government services may pay in part or in full for your child's adult care, depending upon different factors, such as your income. Become familiar with tax issues and estate planning to ensure that your child will have proper care and necessary resources available should you die. If you have other children who have developed normally, include them in the planning.

Want to learn more?

Visit www.healthwise.net/MagellanHealth and search for "autism."

Find more information and helpful resources at MagellanHealthcare.com/Autism-Resources.

Adapted with permission from copyrighted materials from Healthwise, Incorporated.

Healthwise, Incorporated disclaims any warranty and all liability for your use of this information.

