**Resource List**

Youth and adults, parents and family members, allies, and others may find the following linked resources and organizations to be helpful:

**Newly Diagnosed Youth and Adults**

* Welcome to the Autistic Community! Handbook—Adolescent Version (ASAN)  
  <https://autisticadvocacy.org/wp-content/uploads/2014/02/WTTAC-Adolescent-FINAL-2.pdf>
* Welcome to the Autistic Community! Handbook—Adult Version (ASAN)  
  <https://autisticadvocacy.org/wp-content/uploads/2014/02/WTTAC-Adult-FINAL-2.pdf>
* Autistic Women Welcome Packet (AWN)  
  <https://awnnetwork.org/wp-content/uploads/2015/05/Autistic_Women.pdf>
* Parent Welcome Packet—for parents of newly diagnosed autistic girls (AWN)  
  <https://awnnetwork.org/wp-content/uploads/2015/05/Parent_Packet.pdf>

**Self-Disclosure and Self-Advocacy**:

* 411 on Disability Disclosure: A Workbook for Youth with Disabilities (NCWD/Youth)  
  <http://www.ncwd-youth.info/wp-content/uploads/2016/10/411_Disability_Disclosure_complete.pdf>
* Youth and Disability Disclosure: The Role of Families and Advocates (NCWD/Youth)  
  <http://www.ncwd-youth.info/wp-content/uploads/2016/10/Youth-and-Disability-Disclosure_-The-Role-of-Families-and-Advocates.pdf>
* A Curriculum for Self-Advocates (ASAN)  
  <https://autisticadvocacy.org/wp-content/uploads/2015/02/CurriculumForSelfAdvocates_r7.pdf>
* I’m Determined Project Resources (Virginia Department of Education)

<https://www.imdetermined.org/resources/>

**Transition for Youth to Adult Life**:

* Roadmap to Transition: A Handbook for Autistic Youth Transitioning to Adulthood (ASAN)  
  <https://autisticadvocacy.org/wp-content/uploads/2016/11/Roadmap-to-Transition-A-Handbook-for-Autistic-Youth-Transitioning-to-Adulthood.pdf>
* A Transition Guide to Postsecondary Education and Employment for Students and Youth with Disabilities (U.S. Department of Education)  
  <https://sites.ed.gov/idea/files/postsecondary-transition-guide-may-2017.pdf>
* Transition to Adulthood—A Healthcare Guide for Youth and Families (ASAN)  
  <https://autisticadvocacy.org/wp-content/uploads/2014/07/ASAN-healthcare-toolkit-final.pdf>

**Adult Resources for Employment, College, and Health and Wellness**

* An Autistic View of Employment (ASAN)  
  <http://autismnow.org/wp-content/uploads/2013/06/Autistic-View-Of-Employment-Edited.pdf>
* Navigating College (ASAN)  
  <http://navigatingcollege.org/getfile.php?fmt=pdf>
* Relationships & Sexuality—Handbook for and by Autistic People (ASAN)  
  <http://autisticadvocacy.org/wp-content/uploads/2014/07/ASAN-healthcare-toolkit-final.pdf>
* AutismandHealth.org: Healthcare Toolkit for Autistic Adults and Healthcare Providers (AASPIRE)  
  <https://autismandhealth.org/>

**National Organizations and Resource Centers**:

* Partnership for Extraordinary Minds (xMinds):

<http://www.xminds.org>

* Autistic Self Advocacy Network (ASAN):  
  <http://www.autisticadvocacy.org>
* Autistic Women & Nonbinary Network (AWN):  
  <https://awnnetwork.org/>
* Kids as Self-Advocates (KASA):  
  <http://www.fvkasa.org/>
* Center for Parent Information and Resources (CPIR)  
  [https://www.parentcenterhub.org](https://www.parentcenterhub.org/)
* National Center for College Students with Disabilities (NCCSD):  
  <http://www.nccsdonline.org/>
* PACER’s National Parent Center on Transition and Employment:  
  <https://www.pacer.org/transition/>