



Autism Resources for Adults

card-usf@usf.edu | usf.edu/autism



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CARD
E-LIBRARY

card.overdrive.com

Our free eLibrary has hundreds of ebooks on a variety of topics including:

- Employment
- Self-Regulation
- Sexuality
- Neurodiversity

And even a collection of Fiction!

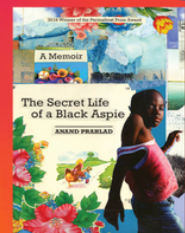


Scan here for more info & to request access!

Autism Appreciation

COLLECTION

Highlighting autistic adult voices and autistic burnout



Diagnosis in Adulthood

- [Welcome to the Autistic Community](#) - ASAN
 - [Plain Language Guide for Newly Diagnosed Adults](#) - AWN
 - [Getting an Autism Diagnosis in Adulthood](#) - SPARK
 - [Adult ASD Diagnosis Information](#) - AASPIRE
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Women on the Spectrum



For more resources specifically for women with ASD, check out our “Women on the Spectrum” [Resource Guide](#), too!



Transition to Adulthood

- [Transition Toolkit](#) - ASERT
- [Roadmap to Transition: A Handbook for Autistic Youth Transitioning to Adulthood](#) -ASAN
- [Guide for Transition to Adulthood](#) - OAR
- [Transition to Adulthood](#) - UF Center for Autism and Neurodevelopment

LEGAL RIGHTS & RESPONSIBILITIES

- [Registering to Vote](#) - ASAN
- [How to Vote in Florida](#) - Inclusion Florida
- [Exploring My Decision-Making Options](#) - Florida WINGS
- [My “Must Have” Papers](#) - UMass

SELF-ADVOCACY

- [Autistic Self Advocacy Network \(ASAN\)](#).
- [Green Mountain Self Advocates \(GMSA\)](#).
- [Autistic Women & Nonbinary Network \(AWN\)](#).
- [Youth as Self Advocates \(YASA\)](#).
- [Florida Self-Advocate Network'D \(FL SAND\)](#).

Health & Well-Being

- Healthcare Transition Resources for Young Adults - Got Transition
 - Turning 18
- Preventative Care for Autistic Adults - AASPIRE
- Healthcare Fact Sheets and Resources – Inclusion Florida
- Sunscreen for People with Sensory Issues Exists – USA Today Reviewed
- Expert Sunscreen Tips for People with Disabilities - AmeriDisability
- Sensory Friendly Skincare - #ASDNext (an ASERT project)

NUTRITION & EXERCISE

- Visual Cookbooks list- CARD-USF
- CARD Texture Cookbook - CARD-USF
- CARD Nutrition Resource List - CARD-USF
- Exercise Q&A - AASPIRE
- Nutrition Q&A - AASPIRE

Mental Health

- [Therapy for Autistic Adults](#) – Prosper Health
- [Mental Health Guide for Autistic College Students](#) - OAR
- [Autistic Burnout](#) - AWN
- [Autistic Burnout Presentation Slides](#) - AASPIRE
- [Autism Accepting/Affirming Scholarly Literature](#) – Autism in Adulthood

MASKING

- [Behind the Mask: Supporting Girls and Women with ASD and Mental Health Struggles](#) (Video) - PEPSA
- [Unmasking autism – unlearn shame and nurture a more inclusive world](#) - NPR
- [Masking](#) - National Autistic Society (UK)
- [Social camouflaging in autism: Is it time to lose the mask?](#) - Sagepub
- [Understanding Autistic Masking in the Workplace](#) - AANE

Family & Relationships

- [Making friends - a guide for autistic adults](#) - National Autistic Society (UK)
- [What I Should Know About Healthy Relationships!](#) - FCIC
- [Sex-Ed for Self-Advocates](#) - OAR
- [The Birds and the Bees \(Sex Education Curriculum for ASD and DD\)](#) - University of Delaware
- [Love on the Spectrum](#) - Adulting on the Spectrum (Podcast)
- [Autism Dating: An Honest Dating Guide for Autistic People](#) - Autism Parenting Magazine
- [Romance 101: Dating for Autistic Adults](#) - CHOP Research Institute
- [Trainings for Adults with ASD Video Playlist](#) - UM CARD

COMMUNICATION

- [Conflict Resolution](#) - ASERT
- [3 Communication Skills Strategies for Adults with Autism](#) - Autism Spectrum News
- [Communication Tips](#) - National Autistic Society (UK)

Postsecondary Education

- [Finding Your Way: A College Guide for Students on the Spectrum](#) - OAR
- [NonPareil](#) (a post-secondary non-profit for adults with ASD)
- [Postsecondary Support Video Playlist](#) – UCF CARD
- [Free online course offerings](#) – Harvard University
- [Free online course offerings](#) – Stanford University
- [GED Information](#) – Florida Literacy Coalition
- [Get There: Florida’s Workforce Education Initiative](#)
- [Top 10 Questions for College Students with ASD to Ask Colleges/Universities](#) - FAU CARD
- [Soft Skills to Pay the Bills](#) - Dept. of Labor

ACCOMMODATION

- [Resources for Students with Disabilities](#) - State University System of Florida
- [Information for Post-Secondary Students](#) - UCF-CARD
- [Resources for inclusive higher education](#) - ThinkCollege
- [Florida Alliance for Assistive and Technology \(FAAST\)](#)

Employment

- [Florida Division of Vocational Rehabilitation \(DVR\)](#)
- [LAUNCH \(formerly The Learning Academy Services\)](#)
- [Interview Tips for Applicants on the Autism Spectrum](#) - Job Accommodation Network
- [Florida Abilities WORK Portal](#) - Employ Florida
- [Employment Resources](#) - CARD UF
- [Applying for a Job: The Young Adults Guide](#) - UMass
- [Workplace Social Skills](#) - OAR

ACCOMMODATION

- [Employment Planning Resources](#) - Inclusion Florida
- [Accommodation and Compliance: Autism Spectrum](#) - JAN
- [Employment Benefit Resources](#) - Inclusion Florida
- [Adult Employment Information & Resources](#) - UCF CARD

Budgeting & Benefits

- [Developing a Budget](#) - #ASDNext
- [Cents and Sensibility](#) - Pennsylvania Assistive Technology Foundation
- [Money Smart \(Game\)](#) - FDIC
- [ABLEUnited](#)

PUBLIC BENEFITS

- [SSI Benefits](#) - Social Security Administration
- Supplemental Security Income ([Video](#)) ([PDF](#)) - CARD-USF
- [Public Benefits and Assistance](#) - Department of Children and Families
- [Florida Navigator](#) - APD

Transportation

- [Driving with Autism: 5 Things Your Driving School Won't Tell You](#) - AANE
- [Driving with Autism Resource Guide](#) - The Next Street
- [All About Driving With Autism](#) - Neurodiverging
- [Transportation Options](#) - Disability Rights Florida
- [Florida Commission for the Transportation Disadvantaged](#)

Housing

- [Florida Center for Independent Living](#)
 - [JP-PAS Program](#)
- [Residential Living Resources](#) - Inclusion Florida
- [Housing and Independent Living Information](#) - UCF CARD
- [Housing Options](#) - American Autism Association
- [Special Needs Housing](#) - Florida Housing

Independent Living

- #ASDNext Resource Library
- Executive Functioning in Real Life - AANE
- Adult Planning Checklist for Independent Living
- Milestones
- Executive Function and Housework - Autistic Empath
 - Life Hacks - Autistic Empath
- Resources for Learning Laundry Skills - Learning for a Purpose
- Tech Toolbox - The Arc
- Podcast: Autism Stories - Autism Personal Coach

Community Engagement

SOCIAL & RECREATIONAL OPPORTUNITIES

- [Online Social/Activity Groups](#) - AANE
- [Recreation Options Q&A](#) - AASPIRE
- [Recreation Resources](#) - Inclusion Florida
- [Autism Friendly Business Directory](#) - CARD-USF

ADVOCACY & SUPPORT

- [Support Groups Directory](#) - CARD-USF
- [How to start a support group \(Video\)](#) - CARD-USF
- [CARD-USF Constituency Board](#)
- [Florida Self-Advocate Network'D \(FL SAND\)](#)
- [Social Connections](#) - Autism Society