



**ADNET**  
Anabaptist Disabilities Network

**PO Box 959**  
**Goshen, IN 46527-0959**  
**Phone/Fax: 1-877-214-9838**  
**Email: [adnet@adnetonline.org](mailto:adnet@adnetonline.org)**  
**Website: [www.adnetonline.org](http://www.adnetonline.org)**

**Resources for Young Adults with Asperger Syndrome  
and High Functioning Autism:  
Websites, Articles, Books, and Videos\***

**Compiled By Christine Guth**

Send updates and corrections to [christine@adnetonline.org](mailto:christine@adnetonline.org)

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**1. Websites**

**Autistic Self-Advocacy Network**

<http://www.autisticadvocacy.org/>

ASAN seeks to organize the community of Autistic adults and youth to have our voices heard in the national conversation about us. Working in fields such as public policy, media representation, research and systems change, ASAN hopes to empower Autistic people across the world to take control of their own lives and the future of our common community. Nothing About Us, Without Us!

**Conquer College with LD**

Joan Azarva offers many articles supporting college success for students with learning disabilities and attention deficit disorder. Azarva has worked with students with disabilities for 35 years. Since many students with Asperger's or autism also live with ADHD and/or LD, her tips will benefit this population also. [www.ConquercollegewithLD.com](http://www.ConquercollegewithLD.com) See also [ezinearticles.com/?expert=Joan\\_Azarva](http://ezinearticles.com/?expert=Joan_Azarva)

**College-bound Students with Disabilities**

[www.going-to-college.org](http://www.going-to-college.org) Video clips, activities, and resources that can help students get a head start in planning for college. Video interviews with college students with disabilities offer a way to hear firsthand from students with disabilities who have been successful.

**GRASP: Global and Regional Autism Partnership**

[www.grasp.org/](http://www.grasp.org/). Run by adults on the spectrum for adults on the spectrum. Resources, including online and face-to-face support groups, for adults on the spectrum. Headquarters in New York; local groups across the U.S.

**University Students with Autism and Asperger's**

[www.users.dircon.co.uk/~cns/](http://www.users.dircon.co.uk/~cns/)

For Good Practice Guidelines for Universities, scroll down for link.

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\* See also Christine Guth's listing of educational and internship programs for young adults with Asperger's & "high-functioning" autism.

## 2. Articles:

**A Guide to Assessing College Readiness:** For Parents of College-Bound Children with Learning Disabilities or AD/HD. Landmark College.

[www.med.upenn.edu/pan/documents/CollegeReadinessGuide.pdf](http://www.med.upenn.edu/pan/documents/CollegeReadinessGuide.pdf)

**Asperger's Syndrome and the Voyage Through High School: Not the Final Frontier**

By Kim Graetz and Janet E. Spampinato. Describes AS and its implications for young people beginning or considering college.

[findarticles.com/p/articles/mi\\_qa3955/is\\_200801/ai\\_n24394187/](http://findarticles.com/p/articles/mi_qa3955/is_200801/ai_n24394187/)

**Sample University accommodations letter** by Jim Sinclair

[jisincla.mysite.syr.edu/accommod.htm](http://jisincla.mysite.syr.edu/accommod.htm)

**College Planning for the High Functioning Student with Autism** by Lars Perner

[www.professorsadvice.com/](http://www.professorsadvice.com/)

**Guidelines for College Success**, Organization for Autism Research

[www.researchautism.org/resources/GuidelinesforCollegeSuccess.asp](http://www.researchautism.org/resources/GuidelinesforCollegeSuccess.asp)

**Preparing to Experience College Living**, by Mark Claypool (Autism Society of America, Living with Autism Series). Four-page brochure of recommendations for students preparing for college, including recommended resources.

[www.autism-society.org/site/DocServer/Going\\_to\\_Collegae.pdf?docID=9521](http://www.autism-society.org/site/DocServer/Going_to_Collegae.pdf?docID=9521)

**Preparing for a Lifetime**, by Cathy Pratt (Autism Society of America Living with Autism Series) [www.autism-society.org/site/DocServer/Transition-](http://www.autism-society.org/site/DocServer/Transition-Preparing_for_a_Lifetime.pdf?docID=10622)

[Preparing\\_for\\_a\\_Lifetime.pdf?docID=10622](http://www.autism-society.org/site/DocServer/Transition-Preparing_for_a_Lifetime.pdf?docID=10622) (scroll to the end of the article for recommended books).

## 3. Books

Publishing on this topic has exploded in the years since I first compiled this list of resources. The following list is representative but no doubt is not complete. Table of contents and selected chapters of many of these books may be viewed at Google Books, [books.google.com/books](http://books.google.com/books).

***Ask and Tell: Self-Advocacy and Disclosure for People on the Autism***

*Spectrum*. Editor: Stephen Shore; Foreword by: Temple Grandin. Contributing Authors: Kassiane Sibley, Stephen M. Shore, Roger N. Meyer, Phil Schwarz, Liane Holliday Willey. Autism Asperger Publishing Company, 2004.

***Asperger's From the Inside Out: A Supportive and Practical Guide for Anyone with Asperger's Syndrome***. Michael John Carley. Perigee, 2008.

***Asperger's Syndrome And Sexuality: From Adolescence Through Adulthood***. Isabelle Hénault. Jessica Kingsley Publishing, 2006.

***Autism and Asperger Syndrome: Preparing for Adulthood***. Patricia Howlin. Routledge, 2004. A book for professionals working with young adults with ASD.

***Autism-Asperger's & Sexuality: Puberty and Beyond***. Jerry and Mary Newport. Autism Asperger Publishing, 2004.

***Autistic's Guide to Dating: A Book by Autistics for Autistics and Those Who Love Them or Who Are In Love with Them.*** Emilia Murry Ramey and Jody John Ramey. Jessica Kingsley, 2008.

***Developing Talents: Careers for Individuals with Asperger Syndrome and High-Functioning Autism.*** Temple Grandin and Kate Duffy; foreword by Tony Attwood. Autism Asperger Publishing Co., 2009.

***Life and Love: Positive Strategies for Autistic Adults,*** by Zosia Zaks. Autism Asperger Publishing, 2006.

***Managing Asperger Syndrome at College and University.*** Juliet Jamieson and Claire Jamison. David Fulton Publishers, 2006.

***Preparing for Life: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome.*** Jed Baker. Future Horizons, 2006.

***Realizing the College Dream for Students with Autism and Asperger Syndrome: A Parent's Guide to Student Success.*** Ann Palmer. Jessica Kingsley Publishers, 2005.

***Students with Asperger Syndrome: A Guide for College Personnel.*** Lorraine E. Wolf, Ph.D., Jane Thierfeld Brown, Ed.D., and Ruth Bork, Ms.Ed.; foreword by Fred Volkmar, M.D. and Ami Klin, Ph.D. Autism Asperger Publishing Co., 2009.

***Succeeding in College with Asperger Syndrome: A student guide.*** John Harpur, Maria Lawlor and Michael Fitzgerald. Jessica Kingsley Publishers, 2004.

***Understanding Autism for Dummies.*** By Stephen M. Shore and Linda G. Rastelli. Hoboken, N.J.: Wiley Publishing, 2006. Comments: Part IV, Living with Autism as an Adult includes chapters on living well as an adult with autism, and fostering friendships and romantic relationships. It addresses choosing careers, higher education, social & romantic relationships, money management, legal rights, and living options.

***Vocational Rehabilitation for Individuals with Asperger's Syndrome,*** 32nd Institute on Rehabilitation Issues, 2007. This book is available online to download free. [www.gwu.edu/~iri/pdf/32-nd-IRI-2007-Final-03-09-2007.pdf](http://www.gwu.edu/~iri/pdf/32-nd-IRI-2007-Final-03-09-2007.pdf) Be sure to check out the possibilities for financial assistance from your state's vocational rehabilitation agency. Search for "vocational rehabilitation" along with your state name to find the offices in your state.

#### 4. Videos

***Understanding Asperger Syndrome: A Professor's Guide***  
[www.researchautism.org/resources/AspergerDVDSeries.asp](http://www.researchautism.org/resources/AspergerDVDSeries.asp)

DVD or free download. Educates professors, teaching assistants, and others on what it means to be a college student on the spectrum and how they might best be able to help them succeed. It allows students to practice self-advocacy by identifying needed and reasonable accommodations to help them be successful. 12 minutes.

***Dreams for Today, Success for Tomorrow: Designing Supports for Student with Asperger Syndrome.*** Asperger Foundation International. [www.aspfi.org/college/](http://www.aspfi.org/college/)