

Preparing For Life :: The Complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome By Dr. Jed Baker

Reach has been hearing from more and more families who are concerned about their child moving into adulthood without having the life skills they need to succeed. This book takes a practical approach to teach a wide variety of skills, which can be taught individually or in group sessions. There are 65 activities in total in the book as well as chapters addressing key transition issues, such as preparing for college.

The bulk of the book is dedicated to the activities. At first glance it looks like it is too superficial a treatment of the issues. For example, can one really adequately address “dealing with social fears” in five and a half pages? Well, the intent is to come up with a plan including a variety of strategies directed toward helping with the issue, and generally, the methods and strategies suggested are very good. The reader can pick and choose, of course, based on the person who will be benefitting. Topics and activities include: identifying triggers to your anger; respecting personal space and belongings; interest vs. boredom social cues; talking vs. acting out your feelings; saying hello's and goodbye's; starting conversations with people you know, dealing with mistakes and correction etc.

This book has many good ideas and the practical approach is great. I recommend this book for parents or for anyone working with youth or young adults, or for youth and young adults to use themselves.

This book is available in the ASD (Autism Spectrum Disorder) section of the Reach specialized book lending library.

