

## How to Apply:

1. Contact Integrated Autism Consulting and provide your **Name, Age, Address, Phone Number and E-mail Address.**
2. An application package will be forwarded.
3. Complete and return the application package with a \$100.00 deposit.
4. Potential participants will be contacted for an interview.

An online application is also available at:

<https://www.integratedautismconsulting.com/transition-to-life-about.html>

**Application Deadline: June 20th, 2016**

## Project Support:



Autism Ontario - Program Oversight/Collaboration

Integrated Autism Consulting - Project Facilitation

## Contact:

Project Director - Patricia O'Connor

Integrated Autism Consulting  
[patricia@integratedautismconsulting.com](mailto:patricia@integratedautismconsulting.com)  
[www.integratedautismconsulting.com](http://www.integratedautismconsulting.com)

# Transition to Life :

## A Model for Living a Good Life for People with Asperger Syndrome



12 Week Certificate Course - Fall 2016

## Project Description

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Transition from secondary school to life is one of the most stressful times in the lives of young adults, but for those with Autism Spectrum Disorder (Asperger Syndrome) the event is overwhelming and anxiety provoking.

The intent of this project is to respond to the increasing needs of young adults with Asperger Syndrome transitioning from the secondary school setting into employment and independent living.

**Certificate Course**                      **Conestoga College Doon Campus**

**12 week course: 3 hour sessions - Sept. 14th - Nov. 30th, 2016**

**2 hours of individual coaching per week**

**24 hours of on the job training**

- Practical assignments
- Interactive tasks and problem solving activities
- Community based activities
- Guest speakers
- Monthly social activities
- Individuals with Asperger Syndrome will be assisting with teaching and coaching the course.
- Additional email and telephone support as required

## Project Criteria

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### **Documented diagnosis of Autism Spectrum Disorder (Asperger Syndrome)**

- Ages 18-28
- High level of motivation to meet program goals
- Parent commitment and involvement
- Mandatory attendance and weekly assignment completion
- Ability to attend the course and employment placement independently

## Course Content

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**Understanding your Diagnosis**

**Transition from Secondary School to Life: Benefits and Challenges**

**Assessment of Current Skills**

**Emotional Regulation and Anxiety Reduction**

**Social Understanding and Safety**

**Healthy Relationships: Friendship and Sexuality**

**Post Secondary Education**

**Employment**

**Self-Employment**

**Independent Living Skills**

**Planning for the Future**

## Tuition Fees

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Reduced Tuition Fee: \$400.00

This course is supported by Autism Ontario.

