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Title	Author	Description
<p>Plan & Implement a Transition Plan</p>		
<p>1 <i>Autism and Asperger Syndrome: Preparing for Adulthood</i></p>	<p>Patricia Howlin</p>	<p><i>Autism and Asperger Syndrome: Preparing for Adulthood</i> reviews the social functioning, educational and occupational status of adults with ASD. The book offers practical ways of dealing with common challenges and difficulties focusing mainly on the experiences of high functioning people with autism, and those who work with and care for them. Each chapter uses clinical case management to illustrate common problems and suggestions to overcome them. First-hand accounts from people with autism are included, along with the risk/link to psychiatric illness later in life.</p>
<p>2 <i>Universal Guide for Transition</i></p>	<p>Colleen A. Thoma</p>	<p>This book guides educators in the use of technology and universal design for learning in secondary education for students with disabilities. Ideas include support for inclusion in general education classrooms, achievement of academic goals, and transition to adult life. <i>Universal design for learning</i> means that material is presented and learned in multiple formats, appealing to the strengths of each learner in the classroom. By understanding and incorporating this philosophy into their classrooms, teachers will find it easier to reach all students and help them to achieve their academic and lifetime goals.</p>

3	<i>Autism & the Transition to Adulthood: Success Beyond the Classroom</i>	Paul Wehman, Marcia Datlow Smith & Carol Schall	Together with two community-based professionals, Paul Wehman discusses unique considerations about transition for young adults with autism and presents proven strategies for successful planning.
4	<i>Asperger Syndrome: An Owner's Manual--What You, Your Parents and Your Teachers Need to Know: An Interactive Guide and Workbook</i>	Ellen S. Heller Korin	<i>An Owner's Manual</i> is an interactive workbook designed for students in grades 5 through 8, for use with guidance from a teacher or parent. Written for adolescents, this book describes what Asperger Syndrome is and how it can affect daily life. With the help of an adult, the child completes a series of exercises related to learning style, sensory issues, emotions, relationships, and more, culminating in a written plan for each major area of his or her life.
5	<i>Asperger Syndrome An Owner's Manual 2 For Older Adolescents and Adults: What You, Your Parents and Friends, and Your Employer Need to Know</i>	Ellen S. Heller Korin	<i>Asperger Syndrome: An Owner's Manual 2 for Older Adolescents and Adults</i> is the sequel to <i>Asperger Syndrome--An Owner's Manual</i> . Using the same easy-to-follow format, this interactive workbook deals with issues that older adolescents and adults face including relationships, marriage, independent living, employment, self-care, etc.
	Navigate and connect		
6	<i>Aspergers and Social Security</i>	John M. Fitzgerald	Aspergers is recognized by the Department of Social Security as a disability and as such Aspergers children and adults may be entitled to SSI Benefits. Often times, they are often denied unjustly. This book shows how to get these benefits, step-by-step.
	Education after Highschool		

7	<i>Developing College Skills in Students With Autism and Asperger's Syndrome</i>	Sarita Freedman Going to college can be a daunting prospect for any young person, but for teenagers on the autism spectrum this is especially true. This book describes the unique needs that ASD students entering further or higher education are likely to have. The author identifies the key skill-sets they will need to develop in order to be successful in college and in life, and shows how they can be helped to develop these.
8	<i>Drawing A Blank: Improving Comprehensions for Readers on the Autism Spectrum</i>	Emily Iland In spite of excellent decoding ability, many students with ASD do not understand what they read. They often <i>draw a blank</i> when it comes to finding the main idea, summarizing, retelling, visualizing, or writing about what was read. This book, written from a personal and professional perspective, helps parents and educators identify and remediate key skills needed for academic success. Nearly 100 evidence-based and promising practices tailored to the needs of readers with ASD are suggested.
9	<i>Realizing the College Dream With Autism or Asperger Syndrome: A Parent's Guide to Student Success</i>	Ann Palmer <i>Realizing the College Dream with Autism or Asperger Syndrome</i> is a personal account of one ASD student's successful experience of going to college. Ann Palmer advises parents and professionals how to prepare students for the transition to a new school and living environment, and how to get the most out of it. Topics include how to support students through problems such as academic pressure, living away from home, social integration, and appropriate levels of participation in college. Helpful strategies show that college can be a suitable option for students with an autism spectrum disorder, as well as the basis for a successful independent life later.
10	<i>Students with Asperger Syndrome: A Guide for College Personnel</i>	Lorriene E. Wolf For many students with autism spectrum disorders, getting admitted to college is the easy part. Surviving and succeeding can be quite another, as these students transition into a system that is often unprepared to receive them. Accommodating students whose disabilities often relate to social and self-regulatory areas is a particular challenge for disability services providers who are not used to reaching out into so many areas of student life. This comprehensive book offers disability services professionals practical strategies for accommodating and supporting students in all phases of college life and beyond.

	Employment	
11	<i>Asperger Syndrome and Employment Workbook</i> Rodger N. Mayer	This workbook is a self-paced guide for adults with Asperger Syndrome. Through a complete review of three periods in the reader's work life, this guide assists the reader to understand the impact of Asperger Syndrome on their employment experiences, and compose his/her autobiographical work history.
12	<i>Asperger Syndrome and Work</i> Genevieve Edmonds	Employment is an important part of a healthy, balanced and fulfilling life but less than 20% of people with Asperger Syndrome (AS) work. Contributing authors who are adults with AS provide advice and insights for others with AS, as well as their employers and colleagues. Topics include the transition from education to employment; the importance of matching skills to career choices; practical coping strategies for employees with AS in the workplace; advice for employers, including the need to make 'reasonable adjustments' to avoid discrimination; and ways in which employment services ought to work for people with AS. This book is geared toward adults with AS, their family and friends, employment services and career advisers, and companies needing to know how to accommodate employees with AS.
13	<i>How To Find Work That Works for People with Asperger</i> Gail Hawkins	For those who want to help somebody with Asperger Syndrome find and keep a satisfying job, this book is a vital tool. Gail Hawkins guides readers through the entire process of gaining employment, from building a supportive team, identifying and addressing workplace challenges, to securing an appropriate post. Including practical tips on topics such as finding potential employers and creating a dazzling CV, as well as sensitive advice on assessing when somebody is ready for work, and how, when and where to disclose a disability to an employer. Hawkins' well-tested approach aims to provide all the information needed for a fast, realistic, and successful path to fulfilling employment.

14	<i>Employment for Individuals With Asperger Syndrome or Non-Verbal Learning Disability: Stories and Strategies</i>	Yvona Fast	Most people with Non-Verbal Learning Disorder (NLD) or Asperger Syndrome (AS) are underemployed. This book provides practical and technical advice on everything from job-hunting to interview techniques, from 'fitting in' in the workplace to whether or not to disclose a diagnosis. There is also information for employers, agencies, and careers counselors, including an analysis of strengths, and how to use these positively in the workplace. Practical information and resource material is supported by numerous case studies.
	Safety in the community		
15	<i>The Incredible 5-Point Scale: Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and</i>	Kari Dunn Buron	This resource shows how the use of a simple 5-point scale can help students understand and control their emotional reactions to everyday events. This book shows how to analyze a given behavior and, with the student's active participation, develop a scale that identifies the problem and suggests alternative, positive behaviors at each level of the scale.
16	<i>A 5 Is Against the Law! Social Boundaries: Straight Up! An honest guide for teens and young adults</i>	Kari Dunn Buron	Building on Kari Dunn Buron's popular The Incredible 5-Point Scale, this short book focuses on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries. A 5 Is Against the Law! speaks directly to adolescents and young adults in a direct and simple style. A section of the book is devoted to how to cope with anxiety before it begins to escalate. The reader is encouraged to think about and create his own behavior on an anxiety scale that applies to his particular emotions and situations.
	Legal and self-advocacy		

17	<i>Ask and Tell: Self Advocacy and Disclosure for People on the spectrum</i>	Edited by Stephen Shore	Edited by Stephen Shore, <i>Ask and Tell</i> is written by persons on the autism spectrum for persons on the autism spectrum. It aims to help people with ASD in the pursuit of independent, productive, and fulfilling lives. <i>Ask and Tell</i> addresses both of self-advocacy and self-disclosure for people with autism. Preface by Temple Grandin.
18	<i>Autism, Discrimination and the Law: A Quick Guide for Parents, Educators and Employers</i>	James Graham	What might discrimination against people with autism look like? What can you do to prevent discrimination against people with autism? What should you do if you have been discriminated against? <i>Autism, Discrimination and the Law</i> outlines how the legal requirements of the Disability Discrimination Act of 1995 might be met for students and employees with autism spectrum disorders (ASDs). The book includes an overview of current information about autism, and details about changes in legislation concerning disability discrimination.
	Residential options & Independent Living		
19	<i>Adults on the Autism Spectrum Leave the Nest: Achieving Supported Independence</i>	Nancy Perry	Children on the autism spectrum often grow up to find they are unable to cope effectively with the challenges of adult life. This book shows that, with the appropriate lifelong care from parents and carers, it is possible for those with neurodevelopmental disabilities to achieve supported independence and live fulfilling adult lives.
20	<i>Finding Our Way: Practical Solutions for Creating a Supportive Home and Community for the Asperger Syndrome Family</i>	Kristi Sakai	This book, written by the mother of three children on the autism spectrum, targets the major issues families face in creating a comfortable environment for every family member. With a balance of heart-warming and side-splitting humor, the author presents countless practical tools for dealing with everything from home-school relations, to organization, to just getting through a trip to the grocery store.

21	<i>Providing Practical Support for People With Autism Spectrum Disorders: Supported Living in the Community</i>	Denise Edwards	This book unravels some of the common misunderstandings between people with autism spectrum disorders (ASD) and providers of support services, and offers practical advice on how to ensure that the needs of people with ASD are met effectively. Denise Edwards writes from her experience finding appropriate support for her adopted son, John Paul, who has Asperger's syndrome, and also draws on the experiences of a range of service clients. She discusses common areas of difficulty, including communication, social situations and the organization of information. The implications of support in wider society - education, employment, the legal system - are examined, along with practical suggestions for changes that can improve access to benefits and services for people with ASD.
<i>Social Skills, Relationships, Love & Sexuality</i>			
22	Preparing for Life	Jed Baker	This easy-to-follow resource provides a complete toolbox of social skills and the means to attain them so that students may approach their futures with excitement rather than anxiety. Jed Baker tackles a wide variety of issues faced by individuals across the spectrum, such as perspective-taking, nonverbal communication skills, conversational skills, and stress management. He explains the laws and services that provide assistance, offers a multitude of resources, and emphasizes students' assets as tools to meet social goals.

23	<i>The Social Skills Picture Book for High School and Beyond</i>	Jed Baker	<i>The Social Skills Picture Book for High School and Beyond</i> uses a visual learning format showing photos of students engaging in various social situations. The book shows, rather than tells, the right (and wrong) ways to interact in different circumstances, with visual illustrations of positive and negative consequences. Real-life situations include making new friends, interrupting a conversation, asking for help when needed, respecting personal space, working as part of a group, making mistakes, giving class presentations, asking someone out on a date, doing difficult schoolwork, interviewing for a job, etc. The book also offers instructions for students & families to create their own social skills booklets on different topics.
24	<i>Intimate Relationships and Sexual Health: A Curriculum for Teaching Adolescents/ Adults with High-Functioning Autism Spectrum Disorders and Other Social Challenges</i>	Catherine Davies and Melissa Dubie	This comprehensive curriculum is a frank, up-to-date resource on sexuality tailored to the unique characteristics of high-functioning adolescents and adults on the spectrum. Based on years of experience teaching sexual health and extensive familiarity with individuals with autism spectrum disorders, the authors present "all you ever wanted to know but were afraid to ask/teach". The curriculum comes complete with lessons, activities, handouts, resources, and more. The accompanying CD contains all the handouts for easy duplication and individualization.
25	<i>Life and Love: Positive Strategies for Autistic Adults</i>	Zosa Zaks	Written for adults on the spectrum and involved parents, spouses, friends this book is divided into two sections: life and love. In the life section, the author describes and suggests concrete ways to deal with some of the issues and problems faced by those on the autism spectrum. Examples include how to accommodate sensory issues, maintain a home, and manage a career. In the love section, the author offers suggestions for different types of relationships and weaves these together with the core concept of self-esteem.

26	<i>Personal Hygiene? What's That Got To Do With Me?</i>	Pat Crissey	This curriculum developed for students with autism, Asperger's Syndrome, learning and developmental disabilities is designed to help them understand how others perceive their appearance and the social implications of neglecting personal hygiene. Simple, factual information is accompanied by humorous cartoons that emphasize how others view someone with poor hygiene and explain exactly what the student needs to do to ensure good hygiene. Quizzes and activity pages provide numerous opportunities for repetition and reinforcement of the key points.
27	<i>Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders: A Fun Curriculum with a Focus on Social Understanding</i>	Kelly J. Mahler	This curriculum teaches important hygiene skills and associated concepts of social understanding. The author's use of structure and predictability targets the core characteristics and learning styles of children and adolescents on the autism spectrum. Self-monitoring, and ways to check for social understanding are worked into discussions and activities. Topics focus on healthy, socially acceptable behaviors from basic daily hygiene to using public restrooms, and more.
For Girls & Women			
28	<i>Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-teen and Teenage Years</i>	Shana Nichols	Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and fitting in .

29	<i>Asperger's and Girls</i>	Edited by Tony Attwood and Temple Grandin	This book provides up-to-date information about girls and women with Asperger's Syndrome. Covering topics such as diagnosis, education, puberty, relationships, and careers, experts in the field share practical advice for both caregivers and women and girls who are affected by Asperger's. Lisa Iland, who has a brother with ASD, offers insightful social advice to help high-school age girls with ASD make friends and fit in. Jennifer McIlwee Myers and Ruth Snyder, who have Asperger's Syndrome, share their intriguing stories.
30	<i>Girl Stuff</i>	Margaret Blackstone	This resource for girls approaching puberty (Grades 5-8) cover female physical, emotional, and social development and sexuality.
	Mental health and Behavioral Intervention		
31	<i>Cognitive-Behavioral Therapy for Adult Asperger Syndrome (Guides to Individualized Evidence-Based Treatment)</i>	Valerie Gaus	An invaluable resource for therapists, this book provides research-based strategies for addressing the core problems of Asperger syndrome (AS) and helping clients manage frequently encountered comorbidities, such as anxiety disorders and depression. Detailed case examples illustrate the complexities of AS and the challenges it presents in daily life, relationships, and the workplace.
32	<i>Diagnosing Autism Spectrum Disorders: A Lifespan Perspective</i>	Donald P. Gallo	Diagnosing Autism Spectrum Disorders provides authoritative information for medical and mental health professionals on how to properly evaluate and diagnose autism spectrum disorders in individuals of all ages. Aimed at both medical and mental health professionals the book demonstrates how to conduct an appropriate diagnostic interview to assess a person for an Autism Spectrum Disorder and considers the issues of ASD in children, teenagers, and adults.

33	<i>Counseling People on the Autism Spectrum: A Practical Manual</i>	Katherine Paxton	The characteristics of autism spectrum disorders (ASD) present unique challenges, not only to those who are affected, but also to counseling professionals. This manual provides counseling techniques that work both for professionals for individuals coping with being on the spectrum themselves, and for those living with someone with ASD. Regardless of intellectual and linguistic ability, people on the autism spectrum often have significant impairments in emotional expression, regulation, and recognition. They have higher rates of depression and anxiety than the general population. This comprehensive book shows how to develop the tools necessary to help people on the spectrum cope with their emotions, anxieties, and confusion about the often overwhelming world that surrounds them.
34	<i>Asperger Syndrome and Anxiety: A Guide to Successful Stress Management</i>	Nick Dubin	For people with Asperger Syndrome (AS), daily stress and anxiety can be particularly difficult to manage. Fitting into a world that seems foreign to them can increase feelings of alienation and anxiety, making life's challenges especially hard to cope with. Written specifically for adults with Asperger Syndrome, this book offers practical advice on how individuals with AS can manage their anxiety more effectively. As a person with AS who has struggled with feelings of anxiety, Nick Dubin shares his own tried and tested solutions along with up-to-date research on stress management for individuals with AS, including a chapter on Cognitive Behavioral Therapy (CBT).