



FREE COMPANION RESOURCE LINKS

How Can I Help My Independent Autistic Adult? Supporting Them Without Taking Over

A Practical Resource Guide for Family, Friends, Supporters, and Professionals

Compiled from the organizations, public programs, guidance, and research used in the book.

How to use this guide

Choose the section that best matches the challenge you are trying to solve. You do not need to open every resource, solve everything in one day, or know everything before you begin helping.

Important note: Resource links were compiled from the material used while developing the book. Programs, leadership, privacy practices, eligibility rules, costs, contact information, and website addresses may change. Wren Solace Everleigh and West Wind Storm LLC are not affiliated with, sponsored by, or endorsed by the organizations listed. Inclusion is not a permanent endorsement. Confirm current information directly before relying on any resource.

This guide is educational and informational only. It is not medical, psychological, legal, benefits, or crisis advice. In immediate physical danger or a medical emergency, call 911 or use the emergency services available where you live.

FIND LOCAL AUTISM SUPPORT

Autism Society – Find Your Local Affiliate

<https://autismsociety.org/contact-us/find-a-local-autism-society/>

Find the Autism Society chapter for your state or region for local support groups, programs, events, and resource connections.

Autism Society National Helpline

<https://autismsociety.org/helpline>

National information specialists who can help connect families, supporters, and autistic adults with autism-related resources.

AANE – Association for Autism and Neurodiversity

<https://aane.org/>

Adult-focused information, community programs, coaching, support groups, and practical resources.

FIND LOCAL COMMUNITY RESOURCES

211

<https://www.211.org>

Search local support for food, housing, utilities, transportation, caregiving, and other community needs by ZIP code.

Centers for Independent Living Directory

<https://acl.gov/programs/centers-independent-living/list-cils-and-spils>

Find disability-led Centers for Independent Living that offer peer support, independent living skills, advocacy, and referrals.

Disability Information and Access Locator (DIAL)

<https://dial.acl.gov>

Find disability-related programs, services, and supports in your community.

EMPLOYMENT AND ACCOMMODATIONS

Job Accommodation Network (JAN)

<https://askjan.org>

Free, confidential guidance on workplace accommodations, disclosure, and practical job supports.

U.S. Equal Employment Opportunity Commission (EEOC)

<https://www.eeoc.gov>

Information about disability-related employment rights and protections.

Rehabilitation Services Administration

<https://rsa.ed.gov>

Federal information and links related to state vocational rehabilitation programs.

HEALTHCARE AND MENTAL HEALTH

AASPIRE Healthcare Toolkit

<https://researchautism.org/healthcaretoolkit>

Tools that support healthcare planning, communication, accommodations, and better medical visits.

FindTreatment.gov

<https://findtreatment.gov>

U.S. locator for mental health and substance-use treatment services.

National Institute of Mental Health (NIMH)

<https://www.nimh.nih.gov/health>

Government mental-health information and educational resources.

BENEFITS, FINANCES, AND SERVICES

Social Security Disability

<https://www.ssa.gov/disability>

Current information about Social Security disability programs and applications.

Supplemental Security Income (SSI)

<https://www.ssa.gov/ssi>

Current information about SSI eligibility, applications, and benefits.

ABLE National Resource Center

<https://www.ablenrc.org>

Information about ABLE accounts and disability-related savings.

Benefits.gov

<https://www.benefits.gov>

Federal benefit finder to help identify programs you may qualify for.

SAFETY AND CRISIS

988 Suicide & Crisis Lifeline

<https://988lifeline.org>

Call or text 988 in the United States for crisis support.

National Domestic Violence Hotline

<https://www.thehotline.org>

Support, information, and safety-planning resources for abusive or unsafe situations.

WEST WIND STORM

www.westwindstorm.com

Visit West Wind Storm for free companion resources, printables, and future Aiden materials.