



FREE COMPANION RESOURCE LINKS

So You've Been Diagnosed with Autism as an Adult... Now What?
A Practical Resource Guide to Understanding Yourself, Finding Support, and Building
the Life That Fits You

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

How to use this guide

Choose the section that matches the need you are trying to solve. The links are clickable in the PDF. You do not need to open every resource, complete every form, or solve everything in one day.

Important note: Resources and links were compiled from the book and were last reviewed for the manuscript in July 2026. Programs, leadership, eligibility, costs, privacy practices, contact information, and website addresses may change. Wren Solace Everleigh and West Wind Storm LLC are not affiliated with, sponsored by, employed by, or receiving compensation from 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, financial, benefits, or crisis advice. In immediate physical danger or a medical emergency, call 911 or use the emergency services available where you live.

STARTING AFTER DIAGNOSIS

Welcome to the Autistic Community - Adult Edition

<https://autisticadvocacy.org/resources/books/welcome-to-the-autistic-community>

Plain-language, autistic-led introduction to autism, community, rights, history, communication, and support.

National Institute of Mental Health: Autism Spectrum Disorder

<https://www.nimh.nih.gov/health/publications/autism-spectrum-disorder>

United States government overview of autism, diagnosis, characteristics, and support.

National Autistic Society: After Diagnosis

<https://www.autism.org.uk/advice-and-guidance/diagnosis/after-diagnosis/how-will-i-feel-after-receiving-an-autism-diagnosis>

United Kingdom guide to emotions and questions that may follow an autism diagnosis.

Autism Society National Helpline

<https://autismsociety.org/helpline>

Information and referrals to autism-related services and resources.

AANE: Autistic Adult Resources

<https://aane.org/autistic-adult>

Adult-focused community, information, groups, coaching, workshops, and support options.

COMMUNITY AND CONNECTION

AANE Group Services

<https://aane.org/services-programs/group-services>

Online and community groups for autistic and similarly neurodivergent adults.

Autism Society Local Support

<https://autismsociety.org/local-support>

Find Autism Society affiliates and local programs in the United States.

ASAN Affiliate Groups

<https://autisticadvocacy.org/get-involved/affiliate-groups>

Autistic-led and disability-advocacy groups connected with ASAN's values.

ASAN Resource Library

<https://autisticadvocacy.org/resources>

Autistic-led guides and policy resources on rights, healthcare, community, and self-advocacy.

WORK, SCHOOL, AND ACCOMMODATIONS

Job Accommodation Network

<https://askjan.org>

Free, confidential workplace-accommodation guidance and ADA information.

JAN: Autism Spectrum

<https://askjan.org/disabilities/Autism-Spectrum.cfm>

Accommodation ideas and employment information related to autism.

JAN Employee Guide

<https://askjan.org/publications/individuals/employee-guide.cfm>

Practical guidance for requesting and using workplace accommodations.

U.S. Equal Employment Opportunity Commission

<https://www.eeoc.gov>

Federal employment-discrimination information and complaint process.

EEOC: Employment Rights and Disability

<https://www.eeoc.gov/laws/guidance/your-employment-rights-individual-disability>

Overview of employment rights for people with disabilities.

Rehabilitation Services Administration

<https://rsa.ed.gov>

Federal information and links related to state vocational rehabilitation programs.

U.S. Department of Education: Students with Disabilities

<https://www.ed.gov/higher-education/students-disabilities-preparing-postsecondary-education>

Guidance for students with disabilities preparing for postsecondary education.

Postsecondary Academic Adjustments

<https://www.ed.gov/laws-and-policy/civil-rights-laws/disability-discrimination/disability-discrimination-key-issues/disability-discrimination-academic-adjustments-postsecondary-students>

Federal guidance on disability-related academic adjustments after high school.

DAILY LIVING AND LOCAL SUPPORT

Centers for Independent Living Directory

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

Find local disability-led Centers for Independent Living and statewide councils.

About Centers for Independent Living

<https://acl.gov/programs/aging-and-disability-networks/centers-independent-living>

Explains independent-living services and the disability-led model.

Disability Information and Access Locator

<https://dial.acl.gov>

Connects disabled people with local information and community-living resources.

211

<https://www.211.org>

Local referrals for food, housing, utilities, transportation, and other community needs.

Medicaid Home- and Community-Based Services

<https://www.medicaid.gov/medicaid/home-community-based-services>

Federal overview of Medicaid programs that may support people in homes and communities.

HEALTHCARE AND MENTAL HEALTH

AASPIRE Healthcare Toolkit

<https://researchautism.org/healthcaretoolkit>

Appointment preparation, healthcare accommodations, patient tools, and provider guidance.

National Institute of Mental Health

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

Educational information about mental-health conditions and treatment.

FindTreatment.gov

<https://findtreatment.gov>

Anonymous United States locator for mental-health and substance-use treatment services.

NICE Guideline: Autism in Adults

<https://www.nice.org.uk/guidance/cg142>

United Kingdom clinical guideline on diagnosing and supporting autistic adults.

BENEFITS, FINANCES, AND SERVICES

Social Security Disability

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

Current information about Social Security disability programs and applications.

Supplemental Security Income

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

Current information about SSI eligibility, applications, and benefits.

Social Security Appeals

<https://www.ssa.gov/disabilityssi/appeal.html>

Official information about appealing a Social Security decision.

Social Security Red Book

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

Guide to employment supports and work incentives for disability beneficiaries.

Work Incentives Planning and Assistance

<https://www.ssa.gov/work/WIPA.html>

Benefits counseling for eligible people considering or returning to work.

USAGov Benefit Finder

<https://www.usa.gov/benefit-finder>

Structured starting point for locating federal benefits that may apply.

ABLE National Resource Center

<https://www.ablenrc.org>

Information about ABLE accounts, eligibility, state plans, and qualified expenses.

Am I ABLE Eligible?

<https://www.ablenrc.org/am-i-able-eligible-and-how-do-i-open-an-account>

Eligibility and account-opening guidance.

Choose an ABLE Plan

<https://www.ablenrc.org/choose-plan>

Tools for comparing state ABLE programs.

CHOICE, RIGHTS, AND SUPPORTED DECISION-MAKING

ASAN: The Right to Make Choices

<https://autisticadvocacy.org/actioncenter/issues/choices>

Autistic-led information about choice, autonomy, guardianship, and self-determination.

ASAN: Supported Decision-Making

<https://autisticadvocacy.org/actioncenter/issues/choices/sdm>

Information about support that preserves a person's right to make their own decisions.

ASAN: About Autism

<https://autisticadvocacy.org/about-asan/about-autism>

Autistic-led explanation of autism and disability.

SAFETY, ABUSE, AND CRISIS SUPPORT

National Domestic Violence Hotline

<https://www.thehotline.org>

Confidential support, information, and safety planning related to relationship abuse.

Interactive Safety Plan

<https://safety-plan.thehotline.org>

A guided tool for creating a personal safety plan.

988 Suicide & Crisis Lifeline

<https://988lifeline.org>

Call or text 988 in the United States for emotional-crisis support. Confidentiality has limits when imminent harm is believed to be occurring.

AUTISM TOPICS AND FURTHER READING

National Autistic Society: Masking

<https://www.autism.org.uk/advice-and-guidance/behaviour/masking>

Overview of autistic masking, reasons it develops, and possible effects.

National Autistic Society: Autistic Fatigue and Burnout

<https://www.autism.org.uk/advice-and-guidance/mental-health/autistic-fatigue/autistic-adults>

Information about fatigue, burnout, recovery, and reducing demands.

National Autistic Society: Autism and Communication

<https://www.autism.org.uk/advice-and-guidance/about-autism/autism-and-communication>

Information about varied autistic communication experiences.

National Autistic Society: Sensory Processing

<https://www.autism.org.uk/advice-and-guidance/about-autism/sensory-processing>

Overview of sensory differences and practical considerations.

National Autistic Society: Organising and Prioritising

<https://www.autism.org.uk/advice-and-guidance/behaviour/organising-and-prioritising/all-audiences>

Practical information related to executive functioning and daily tasks.

RESEARCH CITED IN THE BOOK

Adult Diagnosis Experience - Meta-Synthesis

<https://pubmed.ncbi.nlm.nih.gov/38360530>

Research on adults' experiences of receiving an autism diagnosis.

Post-Diagnosis Support Consensus Statements

<https://pubmed.ncbi.nlm.nih.gov/35670069>

Research on priorities for adult post-diagnosis support and services.

Realizing an Autism Diagnosis as an Adult

<https://pubmed.ncbi.nlm.nih.gov/26940281>

Study of the experience of understanding an adult autism diagnosis.

Seeking an Autism Diagnosis as an Adult

<https://pubmed.ncbi.nlm.nih.gov/36605969>

Research on adults' experiences seeking diagnosis.

Camouflaging in Autism: Systematic Review

<https://pubmed.ncbi.nlm.nih.gov/34563942>

Research review of autistic camouflaging and masking.

Putting on My Best Normal

<https://pubmed.ncbi.nlm.nih.gov/28527095>

Study of social camouflaging in autistic adults.

Reasons, Contexts, and Costs of Camouflaging

<https://pubmed.ncbi.nlm.nih.gov/30627892>

Research about why autistic adults camouflage and what it may cost.

Camouflaging Autistic Traits Questionnaire

<https://pubmed.ncbi.nlm.nih.gov/30361940>

Research describing the CAT-Q measure.

Autistic Burnout

<https://pubmed.ncbi.nlm.nih.gov/32851204>

Foundational qualitative research describing autistic burnout.

Autistic Burnout Review

<https://pubmed.ncbi.nlm.nih.gov/36605565>

Review of research and lived experience related to autistic burnout.

Autistic Burnout Systematic Review

<https://pubmed.ncbi.nlm.nih.gov/41207162>

Systematic review of autistic burnout research.

Communication and Double Empathy

<https://pubmed.ncbi.nlm.nih.gov/38149622>

Research related to communication across neurotypes.

Neurotype Matching and Communication

<https://pubmed.ncbi.nlm.nih.gov/38991165>

Research exploring communication and neurotype matching.

Executive Function in Autistic Adults

<https://pubmed.ncbi.nlm.nih.gov/37113122>

Research related to executive functioning in autistic adults.

Executive Function and Daily Living

<https://pubmed.ncbi.nlm.nih.gov/28960841>

Research connecting executive functioning with adult daily life.

Healthcare Experiences of Autistic Adults

<https://pubmed.ncbi.nlm.nih.gov/25882392>

Research on healthcare experiences and barriers.

Healthcare Accessibility

<https://pubmed.ncbi.nlm.nih.gov/27663266>

Research on healthcare accessibility for autistic adults.

Primary Care for Autistic Adults

<https://pubmed.ncbi.nlm.nih.gov/27271730>

Research informing autism-accessible primary care.

FREE TOOLS FROM WEST WIND STORM

Free companion printables for communication preferences, sensory needs, accommodation planning, medical appointments, executive functioning, support teams, and other practical needs discussed in the book may be added at:

West Wind Storm

<https://www.westwindstorm.com>

Home of The Aiden Guide Series and free reader resources. No purchase is required to access the free companion materials.

Human-led. AI-assisted. Rooted in lived autistic experience.

Created by Wren Solace Everleigh

West Wind Storm LLC

The Aiden Guide Series - Aid in Autistic Adult Living