

Next Steps: Transitioning to Adulthood for Youth with Autism

What is Next Steps?

Next Steps is a 3-part class series designed to provide information and support for parents and caregivers of a child with autism, who is age 15 to 21 and transitioning to adulthood.

We offer two versions of this class. We will work with you to help find which class is the best fit for your family:

Steps to Independence

Designed for parents and caregivers of youth who may have plans to go to college, work and live independently or enter the workforce.

Lifelong Learning

Designed for parents and caregivers of youth who will need ongoing support, guardianship disability and other support services.

What does the class cover?

Next Steps takes place at Seattle Children's Autism Center. Classes are offered quarterly and are for parents and caregivers only. **Childcare is not provided.**

- Class 1 will review transition timeline, goals, educational options, school transition plans, general health and self-care.
 - Class 2 covers job training, employment, housing options, community participation, transportation, life skills, and sexual health and relationships.
 - Class 3 will review state and federal benefits, Social Security Insurance (SSI), guardianship, financial planning, trusts, lifelong care goals and advocacy.
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How much does it cost?

The cost of each session is \$20 and is not billed to insurance. Families will be billed by Seattle Children's after each class occurs. This fee is covered if your family meets Seattle Children's Hospital financial assistance criteria. Call 206-987-3333 to apply.

How do I register for the class?

You will need a referral from your Seattle Children's provider to register for this class. Your provider will talk with you about which class may best meet the needs of your child and family. You can also call 206-987-7195 to learn more about Next Steps.

To Learn More

- Autism Center
206-987-7195
- seattlechildrens.org/patients-families/transitioning-adult-healthcare

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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