

Roadmap to Build Independence for Parents of Autistic High Schoolers

By Spectrum Transition Coaching



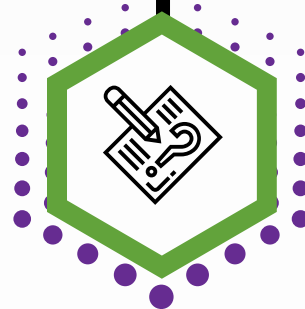
9th Grade

Understand diagnoses

Identify executive function challenges

Increase involvement in IEP

Student begins to take lead in social activities/friendships



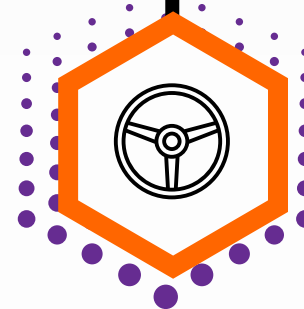
10th Grade

Walk back parent involvement

Encourage student to reach out to coaches & teachers on their own

Own a chore (e.g., laundry or meal prep one night a week)

Student takes on greater role in course selection



11th Grade

Apply for testing accommodations

Increase independence and/or learn to drive

Student takes the lead in planning assignments & faces consequences for missing deadlines

Begin discussing post-high school options & gather information



12th Grade

Submit applications for post-high school options

Take an AP, self-paced or dual enrollment class

Manage meds and appointments

Learn about college readiness and evaluate skills