

Resource List for Adults on the Autism Spectrum (AS) compiled by Dr Ava Ruth Baker

For professionals and support persons working with AS adults (to read together with other titles below)

Secrets to Success for Professionals in the Autism Field: An Insider's Guide to Understanding the Spectrum, the Environment and Your Role – Gunilla Gerland 2013.

Issues around diagnosis and disclosure

* *Coming Out Asperger: Diagnosis, Disclosure and Self-Confidence*. Ed. Dinah Murray 2006 (diagnosis and post-diagnosis issues for variety of age groups and situations e.g. workplace disclosure issues)

* *Asperger's from the Inside Out: A Supportive and Practical Guide for Anyone with Asperger's Syndrome*. Michael John Carley 2008.

* *Understanding & Working with the Spectrum of Autism: An Insider's View*. Wendy Lawson 2001 (offering 'insider' insights to families and professionals)

Understanding Autism for Dummies. Stephen M. Shore and Linda G. Rastelli 2006 (includes section on health, medications, nutrition & biomedical approach).

The Complete Guide to Asperger's Syndrome. Tony Attwood 2008

Ask and Tell: Self-advocacy and Disclosure for People on the Autism Spectrum. Ed. Stephen Shore 2004 (includes template for an autism alert card for use in emergencies).

I Think I Might be Autistic: A Guide to ASD Diagnosis & Self-diagnosis for Adults. Cynthia Kim 2013.

The adolescent & adult neuro-diversity Handbook: AS, ADHD, dyslexia, dyspraxia & related conditions. (information & strategies for those living with various undiagnosed conditions of neurological difference including AS). Sarah Hendrickx 2009. (information and strategies for those living with various undiagnosed conditions of neurological difference)

Through the Eyes of Aliens: A Book About Autistic People. Jasmine Lee O'Neill 1999 (written by a mute autistic savant)

How To Be Yourself in a World That's Different: An Asperger Syndrome Study Guide for Adolescents. Yuko Yoshida 2007 (for adults too; includes both advantages and disadvantages of AS traits)

Aspergirls: Empowering Females With Asperger Syndrome. Rudy Simone
2010

Autobiographical accounts:

There are many enlightening individual accounts e.g.

Congratulations! It's Asperger's Syndrome by New Zealander Jen Birch
2003.

Also anthologies of personal accounts:

Women From Another Planet?: Our Lives in the Universe of Autism. Ed.
Jean Kearns Miller 2003 (by and about AS women and girls).

*Different ... Not Less: Inspiring Stories of Achievement and Successful
Employment from Adults with Autism, Asperger's and ADHD.* Ed. Temple
Grandin 2012

*Autism Allstars: How We Use Our Autism and Asperger Traits to Shine in
Life.* Josie Santomauro (Ed.) 2011

Autism and the myth of the person alone. D. Biklen with R. Attfield, L.
Bissonette, L. Blackman, J. Burke, A. Frugone, R. Mukhopadhyay, & S. Rubin
2005. (accounts by non-speaking autistic adults)

Safety, crises and mental health

**Autism, Advocates and Law Enforcement Professionals: Recognising and
Reducing Risk Situations for People with Autism Spectrum Disorders.* Dennis
Debbaudt 2002.

**The Autism Spectrum, Sexuality and the Law: What every parent and
professional needs to know* - Tony Attwood, Isabelle Hénault and Nick Dubin
2014

* *Aspies on Mental Health: Speaking for Ourselves.* Luke Beardon & Dean
Worton (Eds) 2011

* *The Aspie Girl's Guide to Being Safe With Men: The Unwritten Safety Rules
No-one is Telling You.* Debi Brown 2013 (many of the safety guidelines useful
for males too)

*The Independent Woman's Handbook for Super Safe Living on the Autistic
Spectrum.* Robyn Steward 2013 (much of it relevant to males too. Includes a
section on cyber-safety)

**Managing Meltdowns: Using the S.C.A.R.E.D. Calming Technique with Children and Adults with Autism.* Deborah Lipsky and Will Richards 2009.

From Anxiety to Meltdown: How Individuals on the Autistic Spectrum Deal With Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively. Deborah Lipsky 2011

** Asperger Syndrome and Anxiety: A Guide to Successful Stress Management.* Nick Dubin 2009

Exploring Bullying With Adults With Asperger Syndrome: A Photocopiable Workbook. Anna Tickle and Bettina Stott 2010

Asperger Syndrome and Bullying: Strategies & solutions. Nick Dubin 2007 (school and workplace bullying).

The autism spectrum & depression. Nick Dubin 2014

** How People with Autism Grieve, and How to Help: An Insider Handbook.* Deborah Lipsky 2013

** Understanding Death and Illness and What They Teach About Life: An Interactive Guide to Individuals With Autism and Asperger Syndrome and Their Loved Ones.* Catherine Faherty 2008 (useful for those adults who are less verbal and / or more dependent)

Asperger Syndrome and Alcohol: Drinking to Cope? Matthew Tinsley and Sarah Hendrickx 2008.

Self-help guides –from general to specific issues

** Been There. Done That. Try This! An Aspie's Guide to Life on Earth.* Eds. Tony Attwood, Craig R. Evans and Anita Lesko 2014

** Life and Love: Positive Strategies for Autistic Adults.* Zosia Zaks 2006 (managing daily life, from household, shopping, work, travel etc to effective friendships& relationships).

** Living Well on the Spectrum: How to Use Your Strengths to Meet the Challenges of Asperger Syndrome/High-Functioning Autism.* Valerie L. Gaus 2011 (from explanations of differences, to worksheets and practical examples for devising personalised solutions to everyday issues) - to use on one's own, or with the help of a support person or counsellor

Be Different: Adventures of a Free-Range Aspergian and my Advice for Fellow Aspergians, Misfits, Families & Teachers. John Elder Robison 2011

Asperger Syndrome in the Family: Redefining Normal. Liane Holliday Willey 2001 (tips from her own experience of a mixed AS / NS household).

Build Your Own Life: A Self-help Guide for Individuals with Asperger Syndrome. Wendy Lawson 2003

Meditation for Aspies: Everyday Techniques to Help People with Asperger's Syndrome Take Control and Improve Their Lives. Ulrike D. Bolls 2013

Mindful Living with Asperger's Syndrome: Everyday Mindfulness Practices to Help You Tune In to the Present Moment. Chris Mitchell 2014

Mind/body Techniques for Asperger's Syndrome: The Way of the Pathfinder. Ron Rubio 2008 (instructional manual available as either book or DVD).

Dietary Interventions in ASD: why they work when they do, why they don't when they don't. Kenneth J. Aitken 2008

Sleep Well on the Autism Spectrum: How to recognise common sleep difficulties, choose the right treatment, and get you or your child sleeping soundly. Kenneth Aitken 2014

Too Loud Too Bright Too Fast Too Tight: What to Do If You Are Sensory Defensive in an Overstimulating World. Sharon Heller 2002 (includes outline of 'sensory diet').

Living Sensationally: Understanding Your Senses. Winnie Dunn 2009 (includes 'sensory patterns questionnaire' that can help clarify one's own sensory profile and needs).

Towards independence

* *Made for Good Purpose: What Every Parent Needs to Know to Help Their Adolescent with Asperger's, High-Functioning Autism or a Learning Difference Become an Independent Adult.* M. McMammon 2011

Adults on the Autism Spectrum Leave the Nest: Achieving Supported Independence. Nancy Perry 2009 (includes an excellent description of 'executive function' issues in AS and how these can limit independence).

Preparing For Life: The Complete Guide to Transitioning to Adulthood for Those with Autism and Asperger's Syndrome. Dr. Jed Baker 2005 (to use on one's own or with the help of a support person or counsellor).

Careers and Employment

* *Employment for Individuals with Asperger Syndrome or Non-verbal Learning Disability: Stories and Strategies.* Yvonna Fast and others 2004 (includes detailed strategies for all stages from identifying personal strengths and appropriate careers, to CVs, applications, interviews, etc).

* *Asperger's on the Job: Must-have Advice for people with Asperger's of High*

Functioning Autism and their employers, educators and advocates. Rudy Simone 2011

* *The Wonderful World of Work: A Workbook for Aspertheens.* Jeanette Purkis 2014

* *Business for Aspies: 42 Best Practices for Using Asperger Syndrome Traits at Work Successfully.* Ashley Stanford 2011

Managing with Asperger Syndrome. Malcolm Johnson 2005 (AS experience of working in management positions: personal account and advice).

Tertiary study

* *The autism spectrum and further education: A guide to good practice.* Christine Breakey 2006

Managing Asperger Syndrome at college and university: A resource for students, tutors & support services. Juliet Jamieson & Claire Jamieson 2006

A Freshman Survival Guide for College Students with Autism Spectrum Disorders: The Stuff Nobody Tells You About! Haley Moss 2014

Succeeding in College with Asperger Syndrome: A student guide. John Harpur, Maria Lawlor & Michael Fitzgerald 2004

Succeeding as a student in the STEM fields: A college handbook for science, technology, engineering & maths students with autism, ADD, affective disorders, or learning difficulties and their families. Christy Oslund 2013

Social & communication issues

* *Friendships: The Aspie Way.* Wendy Lawson 2006

* *The Asperkids' Secret Book of Social Rules: The Handbook of Not-so-obvious Social Guidelines for Tweens and Teens with Asperger Syndrome.* Jennifer Cook O'Toole 2012 (useful for AS adults!)

Unwritten Rules of Social Relationships: Decoding Social Mysteries through the Unique Perspectives of Autism. Dr. Temple Grandin & Sean Barron 2005.

Social Skills for Teenagers and Adults with Asperger Syndrome: A Practical Guide to Day-to-day Life. Nancy J. Patrick 2008.

A Field Guide to Earthlings: An Autistic / Asperger View on Neurotypical Behavior. Ian Ford 2010

Communication: What Does it Mean to Me? (A contract for communication that will promote understanding between individuals with autism and

Asperger's and their families, teachers, therapists, co-workers & many more!). Catherine Faherty 2010

Meaningful exchanges for people with autism: an introduction to augmentative & alternative communication. Joanne M. Cafiero 2005

Getting IT: Using Information Technology to Empower People with Communication Difficulties. Dinah Murray & Ann Aspinall 2006

Music, Language and Autism: Exceptional Strategies for Exceptional Minds. Adam Ockleford 2013

Dating, Sexuality & Relationships

**The Asperger Couple's Workbook: Practical Advice and Activities for Couples and Counsellors.* Maxine Aston 2009 (strategies to use with or without the guidance of a counsellor).

* *Asperger Syndrome and Long-term Relationships.* Ashley Stanford 2003.

**Autistics' Guide to Dating: A Book By Autistics, For Autistics and Those Who Love Them or Who Are In Love With Them.* Emilia Murry Ramey and Jody John Ramey 2008.

Troubleshooting Relationships on the Autism Spectrum: A user's Guide to Resolving Relationship Problems. Ashley Stanford 2013

Everything a Man with Asperger Syndrome Wants to Know About Dating, Women and Relationships But is Afraid to Ask. Maxine Aston 2012

Sex, Sexuality and the Autism Spectrum. Wendy Lawson 2005 (includes sections on sensory and gender identity issues).

Making sense of sex: A forthright guide to puberty, sex & relationships for people with Asperger's Syndrome – Sarah Attwood 2008

For those who find reading difficult: check out (e.g. www.amazon.com) what 'talking books' are available; or consider the following DVDs

Fictional movies with AS central characters e.g. *Snowcake* or *My Name is Khan*.

Movies of lives of AS individuals e.g. *Temple Grandin: The movie* or *Mozart and the Whale: An Unexpected Love Story* (about Jerry and Mary Newport who wrote 2007 book of same title).

Informational DVDs on AS such as
Living Along the Autism Spectrum: What does it Mean to Have Autism or Asperger Syndrome? Ed. Stephen Shore 2009

Asperger Syndrome: A Different Mind. Narrated by Simon Baron-Cohen 2006 (presenting Asperger Syndrome from the experience of AS adults and children, their family members and school teachers, with video footage from a range of contexts).

Asperger's Syndrome - Crossing the Bridge. Tony Attwood 2006 interviews Liane Holliday Willey re her lifetime experiences, struggles and triumphs with her own Asperger's Syndrome.

Additional resources for counsellors and life coaches

Counseling people on the autism spectrum; A practical manual. Katherine Paxton & Irene A. Estay 2007

Coaching people with Asperger's syndrome. Bill Goodyear 2008

A self-determined future with AS: Solution focused approaches. Veronica Bliss & Genevieve Edmonds 2007

Integrative Psychotherapeutic Approaches to Autism Spectrum Conditions: Working with hearts of glass. David Moat 2013

Asperger Syndrome and Psychotherapy: Understanding Asperger perspectives. Paula Jacobsen 2003

Asperger Counseling for Couples. Barrie Thompson 2008

Cognitive-Behavioral Therapy for Adult Asperger Syndrome. Valerie Gaus 2007