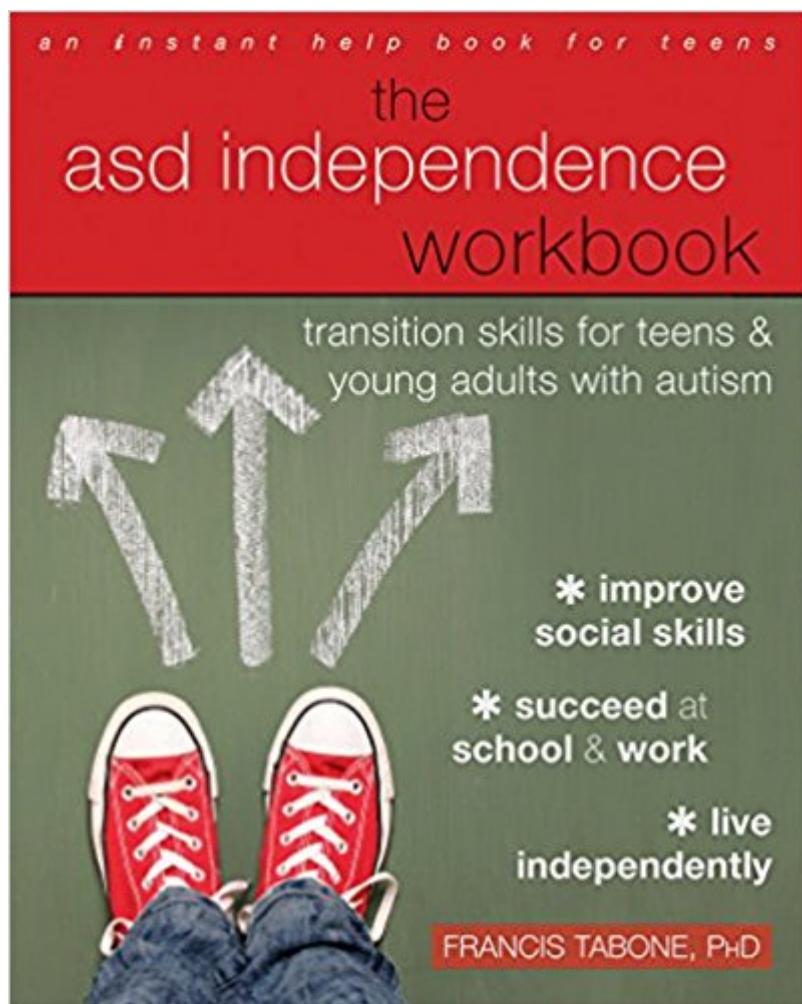


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# The ASD Independence Workbook: Transition Skills For Teens And Young Adults With Autism



## **Synopsis**

The ASD Independence Workbook offers powerful skills to help teens and young adults with autism spectrum disorder (ASD) successfully navigate the skills required for daily living and integration into their communities. Teens and young adults with ASD face many unique challenges on the road to growing up. Daily interactions that we often take for granted—yet are imperative for living independently—can be particularly difficult. People with ASD require practice with simple activities and interactions in school, in the community, and on the job site. So how can you help the teen in your life gain the skills needed to successfully transition into adulthood? This easy-to-follow and engaging workbook is designed to help young adults ages fourteen and up develop invaluable communication skills and practice with interactions they would encounter in everyday life. Teens will also find information on topics that are imperative for a successful transition into adulthood—including health and safety, self-care, and more. This unique book not only focuses on what adaptive skills are needed in the real world, but also gives teens with ASD the ability to practice these skills, either independently or with a teacher/caregiver. Give the teen in your life the gift of independence. With this workbook, they will be one step closer to leading full, productive, and meaningful lives. Teens need mental health resources more than ever. With over 1.2 million copies sold worldwide, Instant Help Books for teens are engaging, proven-effective, and recommended by therapists.

## **Book Information**

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## **Customer Reviews**

Francis Tabone, PhD, is head of The Cooke Center for Learning and Development. Cooke Center

Schools serve children and young adults from kindergarten to the age of twenty-one with special needs. He has worked to develop programs and models of special education in the multiple schools that Cooke Center runs. Tabone has been both a teacher and administrator for the Department of Education in New York, NY, helping to develop innovative programming for special needs students. His work as a teacher, psychologist, and administrator has spanned nearly thirty years. Currently, Tabone serves as an adjunct professor of special education in several New York colleges and universities. He lives in New York City with his wife and daughter.

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