



Where are you on your journey? Resources for Autistic Adults

INFORMATION AND REFERRAL

Autism New Jersey – Contains general information about autism, as well as a hotline in which callers can be referred to appropriate services.

www.autismnj.org Phone: 1-800-428-8476. Email form available on website.

New Jersey Division of Disability Services – Provides information and referral to agencies; assists with navigating state and county services.

www.nj.gov/humanservices/dds/home/index.shtml. Phone: 1-888-285-3036. Email form available on website.

EMPLOYMENT

New Jersey Division of Vocational Rehabilitation Services – Offers career counseling, training opportunities, job placement, and other services for individuals with disabilities.

<https://www.nj.gov/labor/career-services/special-services/individuals-with-disabilities>. Phone: 1-866-871-7867. Email: dvradmin@dol.nj.gov. Interested individuals may also complete a referral form on the website.

GENERAL RESOURCES

Ocean County Library's Autism Resources Center – Contains lists of providers in New Jersey, autism-related community events, suggestions for places to visit, and more.

www.theoceancountylibrary.org/autism

HOBBIES & INTERESTS

The Art of Autism – Provides a forum for autistic artists, musicians, and writers.

<http://www.the-art-of-autism.com> Email: theartofautism@gmail.com

Association for Autism and Neurodiversity (AANE) – Showcases works by autistic artists, crafters, writers, and more. Free to join. Holds virtual meetings and in-person and virtual Art Meet-Ups.

www.aaneartists.org

SELF-ADVOCACY

Autistic Self Advocacy Network (ASAN) – Governed by autistic adults, this organization fights for disability rights, ensures that autistic people are included in policy-making, and works to make society more inclusive.

<https://autisticadvocacy.org> Email: info@autisticadvocacy.org

SOCIAL

Autism Teens and Adults of NJ (Facebook Group)

Autistic Adults Jersey (Facebook Group)

Autistic NJ Neurotribe (Facebook Group)

WrongPlanet – Contains discussion boards on numerous topics, including “in-depth adult life,” “adult autism issues,” “love and dating,” hobbies such as “games and video games,” and many more.

www.wrongplanet.net/forums

SUPPORT (IN-PERSON OR ONLINE)

Association for Autism and Neurodiversity (AANE) – Offers free programs (telephone support, discussion boards, online support groups, and an artist collaborative), and fee-based services (life coaching for adults, social groups, and conferences). Financial assistance is available for fee-based programs. Most of the group’s work is online. <https://aane.org>. Schedule a free phone call or complete the email form on the website. Email directly at info@aane.org.

Global and Regional Autism Spectrum Partnership (GRASP) – Offers virtual autism assessments and coaching services (programs are fee-based). <https://grasp.org>. Phone: 1-888-474-7277. Email: info@grasp.org