

Autism Hearts: Autistic Adult First-Week Checklist

You get to decide what support means for you. Use this sheet to choose one practical next step at a time.

Self-understanding and advocacy

- ☐ Write down what you hope an assessment or diagnosis will help you understand.
- ☐ List the environments where accommodations could make daily life easier.
- ☐ Prepare questions for healthcare, work, school, or housing conversations.

Practical support

- ☐ Choose one area to research: employment, housing, healthcare, mental health, or benefits.
- ☐ Search adult services, employment, and support groups in the directory.
- ☐ Ask providers about adult experience, communication options, cost, and waitlist.

Energy and community

- ☐ Identify one sensory or communication support that helps you recover.
- ☐ Look for an adult-affirming peer group or community space that feels safe.
- ☐ Decide what personal information you want to share and with whom.

Before you go

Eligibility, coverage, waitlists, and schedules change. Confirm current details directly with providers and agencies.

