The LGBTQ+ and ASD Population
by Brett Walden, MPH

The Center for Disease Control and Prevention (2015) estimates the prevalence of Autism Spectrum Disorder (ASD) to be one in every 68 children. In the United States, data from Gallop (2016) estimated 4.1% of the adult population identified as LGBT. As of right now, there is no reliable estimate for the prevalence of individuals with ASD who identify as LGBTQ+. Studies focused on specifically ASD who identify as LGBTQ+ are scarce and has led to urgent calls for further research in this area (1).

Now, more than ever, social awareness and support is needed. The knowledge of the above data allows us to see the need to be more mindful of our youth and provide the educational support needed to help the LGBTQ+ community as well as the ASD community. Our youth need to feel safe and understood. We want to provide resources that will assist the families we serve, caregivers, and individuals with ASD who identify as LGBTQ+ that have questions or need assistance.

Starting in August, 2021 our center began to offer a support group for young adults (18-22 years old) with autism spectrum disorder and identify as LGBTQ+. If you are interested, please email brett.walden@jax.ufl.edu to get more information.

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If you want to continue the conversation, check out some resources below.

- Trevor Project: https://www.thetrevorproject.org/
- JASMYN Jacksonville: https://www.jasmyn.org/
- LGBT National Help Center: https://www.glbthotline.org/
- UNF LGBTQ Center: https://www.unf.edu/lgbtqcenter/
- Youth Gender Program: https://endo.pediatrics.med.ufl.edu/resources/youth-gender-program/
- CDC LGBT Health: https://www.cdc.gov/lgbthealth/index.htm

Resources:

Important Questions to Ask About the Transition Process

By Audrey Bringman, M.Ed.

In education, the term transition refers to the movement from high school to adulthood, whether that is post-secondary education or work. In health care, it is the shift from pediatric to adult health care providers. Big changes happen during this time, which can be overwhelming for emerging adults, parents and caregivers.

It is important to be curious, ask questions, and learn as much as possible to be equipped for a smooth transition.

Below are some questions to ask individuals in your circle of support, in order to be an active participant in your transition process and start planning for your own transition into adulthood.

https://pediatrics.med.jax.ufl.edu/autism/
### 10 Questions for Adolescents to Ask about Health Care Transition

**Ask Your Health Care Provider**
- What is your Health Care Transition Policy?
- What age will I have to transfer to an adult doctor?
- Where may I obtain a copy of my diagnoses and my medication list?
- When may I speak with you alone during my medical appointments?

**Ask Your Parent or Caregiver**
- Where do you go for primary or specialty care and could we see if they could take me on as a new adult patient?
- What pharmacy do we use for medications? Name, location and phone number?
- May I keep a copy of our insurance and pharmacy prescription cards?

**Ask your Medical Insurer**
- When will my insurance coverage end or expire? Is there an age cut-off?
- Will I have to re-apply or update my records when I turn 18?
- How can I find out what doctors accept my insurance?

### 10 Questions for Adolescents to Ask about Education Transition

**Ask Your Teachers**
- May I see a copy of my Individualized Education Program (IEP) or 504 Plan? Can you help me understand it?
- When may I participate in my IEP meetings?
- What are my accommodations in school?
- When can I register for Vocational Rehabilitation?

**Ask Your Parent or Caregiver**
- Can we set up a time to do an interest profile questionnaire on [https://www.mynextmove.org/explore/ip](https://www.mynextmove.org/explore/ip)?
- Can we set up appointments for me to interview family members and family friends about their careers?
- Can we find work and volunteer opportunities for me in the community?
- When I turn 18, can we talk about my independent living options?
- May I start working on my own budget and making independent purchases?
- Can I start learning how to navigate my community, whether by driving, bus, public transit, bicycle, or walking?

Additional Resources:

Books We Recommend

Making Mistakes

Books for Ages 3-8
Even Superheroes Make Mistakes by Shelly Becker
She’s Got This by Laurie Hernandez
I Can’t Do That, Yet: Growth Mindset by Ester Pia Cordova

Books for Ages 9-15
Be A Perfect Person In Just Three Days by Stephen Manes
Mistakes That Worked: The World’s Familiar Inventions and How They Came To Be by Charlotte Foltz Jones
Star Wars: Jedi Academy by Jeffrey Brown
Children & teens must be registered with CARD or FDLRS-MDC. Please speak with your point of contact in order to determine if your child/teen meets the prerequisite skills needed to partake in this group (contact for specific dates)

- Offered once a month
- Consists of:
  - Small group instruction (including discussion, modeling and practice)
  - Opportunities for social interaction with peers via board games and card games
  - Structured mini-lessons focusing on particular social skills, such as:
    - Sharing the conversation
    - Waiting
    - Taking turns
    - Giving compliments
    - Accepting feedback
    - Playing games fairly
    - Oversharing of information
    - Making friends

2021-2022 Dates:
Sep 16, Oct 21, Nov 18
Dec 16, Jan 27, Feb 17
Mar 17, Apr 21, May 19
Begins at 5:00 PM

For more information contact Chanel Baldwin at 904.633.0816 or email chanel.baldwin@jax.ufl.edu.

Register in advance for this training at:
https://UFHJax.zoom.us/meeting/register/tJ0qdu-qqTwuH9ClzyYfJ1N0g2ZX6vDopjzw
Helping Adults with Asperger's Syndrome Get and Stay Hired: Career Coaching Strategies for Professionals and Parents of Adults on the Autism spectrum, by Barbara Bissonnette

In this practical book, readers will gain insight into how people with Asperger's Syndrome think and the common employment challenges they face. It explains how to build rapport and trust, facilitate better job matches, improve interpersonal communication and executive function skills, and encourage flexible-thinking and problem-solving. With tried-and-tested advice, assessment tools, and in-depth profiles of actual coaching clients and innovative companies that are utilizing the specialized skills of people with Asperger's.

Easy Activities for Building Social Skills, by Nancy Jolson Leber

Foster a positive classroom community and build twenty essential social skills with dozens of kid-friendly activities! In this comprehensive resource, you'll find clear background information on each skill, specific ways to model appropriate behavior, and companion lessons that use play, writing, songs, art and movement to enrich circle time or any time. You'll also find lists of positive teacher comments, target behaviors, related reading and more.

Out and About: Preparing Children with Autism Spectrum Disorders to Participate in Their Communities, by Jill Hudson & Amy Bixler Coffin

This book focuses on everyday events and how to support individuals on the autism spectrum to be active participants in the world around them. Created as a blueprint to be filled in according the child's strengths and needs and the event being planned, the framework lists ten areas that have been identified in best practice as effective supports for children with an autism spectrum disorder.
CARD Adult Resources and Support Group

CARD - Jacksonville runs a resource and support group for constituents who are ages 18 and older, where participants can learn, share, and understand one another through common, comparable experiences and receive helpful guidance.

Upcoming Dates:
August 4, September 1, October 6, November 3, & December 1.
5:00PM-6:00PM.

Register online at:
https://ufhjax.zoom.us/meeting/register/tJEpc-2rrDgvGdEOriAVwWV7V8SI9S858iKA

For more information please contact
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