



SPECTRUM SKILLSHARE

Community Resource Guide

Introduction and Disclaimer

ABOUT SPECTRUM SKILLSHARE

Spectrum Skillshare is a mentoring and collaborative learning project created by, and for, adults on the autism spectrum. We match autistic self-advocates with experience in education, employment, navigating government services, budgeting, and housing to autistic people going through life transitions. Mentors and mentees will also work with Spectrum Skillshare staff to create workshops that are open to the community.

Our project is based on the principles of self-determination, neurodiversity, and “nothing about us without us.” We think the best experts on autism and life skills are autistic people ourselves, and by matching autistic people with their peers, we will be able to create a community of mutual support that is based on these principles.

ABOUT THE RESOURCE GUIDE

This is the companion resource guide for Spectrum Skillshare, intended to be used by both participants and the general public. The Resource Guide includes articles, books, and websites about employment, executive functioning skills, self-advocacy, social services, health care, and crisis resources. A large number of the resources, primarily those relating to social services, listed in this guide are primarily aimed at people in Massachusetts, but many of the other resources can be used for people in different regions, too.

Inclusion in the Resource Guide does not indicate an endorsement by Spectrum Skillshare, the Institute for Community Inclusion, or the Massachusetts Developmental Disabilities Network. All phone numbers, web addresses (whether normal or TinyURL shortened addresses), and other contact information are accurate at the time of writing.

Advocacy and Autism Info

THE ARC OF MASSACHUSETTS

Massachusetts branch of national advocacy group that works for and with people with developmental and intellectual disability.

🌐 thearcofmass.org

THE AUTISTIC SELF ADVOCACY NETWORK (ASAN)

National autistic-run advocacy group, geared towards public policy, leadership, community engagement, and working for the civil rights of autistic people and other people with disabilities.

🌐 autisticadvocacy.org

THE AUTISTIC SELF ADVOCACY NETWORK OF GREATER BOSTON

Greater Boston branch of ASAN. Primary focus is on public policy, advocacy, leadership, and community engagement.

🌐 asanboston.org

AUTISM WOMEN'S NETWORK

Autistic advocacy group primarily by and for women on the autism spectrum, though allies are also welcome to participate.

🌐 autismwomensnetwork.org

HOW DO I SELF-ADVOCATE?

s.e. smith

A brief introduction to disability self-advocacy and how to go about it.

🌐 tinyurl.com/o6zr6wo

QUEERABILITY

A blog and community for LGBTQ+ people with disabilities.

🌐 queerability.tumblr.com

WELCOME TO THE AUTISTIC COMMUNITY

An accessible introduction to autism and the community of autistic people.

🌐 tinyurl.com/nee9k9g

WELCOME TO AUTISM WOMEN'S NETWORK

A guide written specifically for women on the spectrum.

🌐 tinyurl.com/preaf3b

Crisis Resources

ABUSE AND SELF-HARM TEXT LINE

📞 Text **voice** to **20121** (Any day, 7PM-1AM EST)

CRISIS TEXT LINE

📞 Text **start** to **741-741** (24/7)

DATING & RELATIONSHIP ABUSE

📞 Text **loveis** to **22522** (24/7)

LIFELINE CRISIS CHAT

This is a live chat service available in the USA and territories from 2PM - 2AM Eastern Time.

🌐 **crisischat.org/chat**

NATIONAL SUICIDE PREVENTION HOTLINE

📞 **1-800-273-8255**. Available in English or Spanish. Lines are open all day, every day.

TRANS LIFELINE

Crisis and suicide hotline for transgender people.

🌐 **translifeline.org** | 📞 **+1 877-565-8860** 🇺🇸 | 📞 **+1 877-330-6366** 🇨🇦

THE TREVOR PROJECT

Crisis and suicide hotline for LGBTQ+ and questioning youth 13-24. Text and chat options are also available.

🌐 **thetrevorproject.org** | 📞 **866-488-7386**, or text **Trevor** to **1-202-304-1200** (Fridays 11AM-2PM EST)

Credit: Some of these crisis resources were originally compiled by the Autistic Self Advocacy Network of Los Angeles.

Employment and Education

AN AUTISTIC VIEW OF EMPLOYMENT

The Autistic Self Advocacy Network and The ARC of the United States

Written by autistic people with experience in the workplace, with tips and advice. Co-produced by the Autistic Self Advocacy Network and The ARC of the United States.

 tinyurl.com/okv3s2t

THE COMPLETE GUIDE TO FINDING A JOB FOR PEOPLE WITH ASPERGER'S SYNDROME

Barbara Bissonnette, Forward Motion Coaching

This book comes with a cautious recommendation. Bissonnette can sometimes talk down to her readers, but some of the tips she gives about narrowing down your interests and turning them into work can be helpful.

 tinyurl.com/pec35lp

NAVIGATING COLLEGE

The Autistic Self Advocacy Network

A guide written to support autistic college students, written by and for autistic adults with higher-education experience. Discusses academics, socializing, self-advocacy, and time-management skills. Produced by the Autistic Self Advocacy Network.

 tinyurl.com/oljter3

Executive Functioning Skills

Definition

Executive function (EF) is a broad term that refers to the cognitive processes that help us regulate, control, and manage our thoughts and actions.

—Cynthia Kim

ACCOMMODATION AND COMPLIANCE SERIES: EMPLOYEES WITH EXECUTIVE FUNCTIONING DEFICITS

Melanie Whetzel, Job Accommodation Network

A brief overview of what executive functioning is, ways people can struggle with it, and workarounds to deal with executive functioning issues. Primarily geared to employers, but the tips given may help you.

🔗 tinyurl.com/osvay83

AUTISTIFYING MY HABITAT

Kassiane Sibley, Radical Neurodivergence Speaking

This article discusses some of the methods she uses to increase her productivity and make her living space more liveable by using a reminder system that is accessible to her. This article may be helpful to other people who have issues with executive functioning or planning.

🔗 tinyurl.com/of9abdn

EXECUTIVE FUNCTIONING ISSUES IN TEENS AND ADULTS

Susan Golubock, AZAssist

A PDF of a presentation giving basic information about executive functioning difficulties and how they affect teenagers and adults. A good introductory document.

🔗 tinyurl.com/oyewz3d

EXECUTIVE FUNCTIONING PRIMER

Cynthia Kim, Musings of an Aspie

This series of articles explains what executive functioning and how it can affect people on the autism spectrum.

🔗 musingsofanaspie.com/executive-function-series/

EXECUTIVE FUNCTIONING SERIES

Autisticality

This article discusses some of the methods she uses to increase her productivity and make her living space more liveable by using a reminder system that is accessible to her. This article may be helpful to other people who have issues with executive functioning or planning.

🔗 tinyurl.com/psqd2ud

THE POMODORO TECHNIQUE

The Pomodoro Technique can be a helpful tool for time management. In the Pomodoro Technique, you break up your tasks into 25-minute chunks with five-minute breaks in between.

🔗 pomodorotechnique.com for more general information

🔗 tomato-timer.com is an online Pomodoro timer you can use on both computers and mobile devices.

Local/State Resources

3L PLACE

Somerville transitional living and education for young adults (21-32) with developmental disability.

🌐 3lplace.org

THE ASPERGER/AUTISM NETWORK (AANE)

Social groups, support groups, trainings, consultations, and other services for people on the autism spectrum.

🌐 aane.org

BOSTON CENTER FOR INDEPENDENT LIVING

Helps clients with disabilities with healthcare, housing, employment, and government benefits. Accessible via the Red or Orange lines via the Downtown Crossing stations, or a short walk from the Park Street Green Line station.

🌐 bostoncil.org

BRIDGE OVER TROUBLED WATERS

Shelter and transitional housing for homeless youth in the Greater Boston area.

🌐 bridgeotw.org

FENWAY HEALTH

An LGBT-friendly clinic in Downtown Boston, near Fenway Park. Accessible by the 55 bus (which unfortunately comes infrequently in comparison to other buses) or a ten-minute walk from Kenmore Green Line station.

🌐 fenwayhealth.org

GOVERNMENT OF CAMBRIDGE - RESOURCES FOR HOMELESS PEOPLE

PDF guide for local homelessness resources.

🌐 tinyurl.com/nqcwzus

HEADING HOME INC

Emergency shelters, transitional housing and permanent housing for homeless individuals and families in the Greater Boston area.

🌐 headinghomeinc.org

JUSTICE BRIDGE *(by University of Massachusetts Law School)*

Legal services for people not eligible for Legal Aid, but cannot afford standard legal fees.

🌐 umassd.edu/justicebridge

MASSACHUSETTS COALITION FOR THE HOMELESS

State-wide advocacy group for homeless people.

🌐 mahomeless.org

MASSACHUSETTS DEPARTMENT OF DEVELOPMENTAL SERVICES

The Massachusetts Department of Developmental Services (DDS) serves people with developmental and intellectual disabilities in Massachusetts who struggle with activities of daily living and other functioning criteria.

🌐 tinyurl.com/oa8w7g8

Local/State Resources

MASSACHUSETTS DEPARTMENT OF TRANSITIONAL ASSISTANCE

Administers SNAP/Food Stamps and cash benefits for low-income and disabled people in Massachusetts. Be careful if you're on a phone plan that charges by the minute; you may spend a long time on the phone trying to clarify things with them.

📍 tinyurl.com/ocbtwgd

MASSACHUSETTS REHABILITATION COMMISSION

Helps people with disabilities gain success in the workforce.

📍 tinyurl.com/7ung6pf

MASSACHUSETTS HEALTH CONNECTOR/MASSHEALTH

The state-wide portal for applying for health insurance, MassHealth or the Health Safety Net. If you are having problems with billing or documentation and live in or close enough to Boston to get to their Portland Street office, visit them in person instead of calling them.

📍 MassHealth: tinyurl.com/d7z2g4u

📍 Health Connector: mahealthconnector.org

MASSACHUSETTS HOUSING AND SHELTER ALLIANCE

Contains resources on housing and homeless services throughout Massachusetts.

📍 tinyurl.com/o3jjne3

MASS LEGAL HELP

A wide-ranging guide to common Massachusetts social services and legal questions, including government benefits, landlord/tenant laws, housing and homelessness, immigration, and dealing with criminal records and background checks. The site is available in seven languages: English, Spanish, Vietnamese, Russian, Portuguese, Haitian Creole, and Chinese.

📍 masslegalhelp.org

SOMERVILLE HOMELESS COALITION

Serves homeless people and people at risk of becoming homeless in the Somerville area.

📍 somer villehomelesscoalition.org

SOCIAL SECURITY ADMINISTRATION

US federal government agency. Responsible for administering Social Security Disability Income (SSDI) and Supplemental Security Income (SSI).

📍 socialsecurity.gov

ST. FRANCIS HOUSE

Day shelter for homeless and low-income people in the Greater Boston area. Provides housing, educational, substance abuse, clothing, and other resources.

📍 www.stfrancishouse.org

YOUTH ON FIRE

Drop-in space for homeless and marginally housed youth in the Greater Boston area.

📍 tinyurl.com/ovvxes9

Technology

ATMAC

A blog about accessibility for Macs, iPhones, iPads, and iPod Touches, including reviews and profiles of users with disabilities who make the most out of their Apple equipment.

🌐 tinyurl.com/okv3s2t

Executive Functioning App Reviews

by Nattily, Notes on Crazy

An autistic graduate student reviews and lists apps that may be helpful for regulating executive functioning skills,

🌐 tinyurl.com/q5zemwk