



Call Vista today for a  
Complementary Consultation  
**818-438-9336**

Our initial consultation is designed to relieve some of your stress, by answering your questions and assessing the appropriate path for your young adult child.



We are confident that you will find our staff, our programs and our processes will enhance your child's independence. To learn more, please call to set up an appointment with one of our highly qualified Adult Autism Specialists.

**Our Adult Program is comprised of three training modules.**

- 1) Living Skills
- 2) Social Integration Skills
- 3) Vocational Skills

**Living Skills** are those skills associated with food preparation, household chores, laundry, personal hygiene, safety, healthcare and purchasing food and toiletries.

**Social Integration Skills** involve interactive conversations, making appropriate decisions, dating and sexuality, and engaging in social and recreational activities.

**Vocational Skills** are those skills focused on preparing for employment, obtaining employment and maintaining a job.



*Engaging, Enabling  
and Enriching  
Life Skills  
for Young Adults  
with Autism  
Spectrum Disorder*



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[vistacba.com](http://vistacba.com)



It is estimated that 800,000 children in the US have Autism Spectrum Disorder – *what happens when they grow up?*

This is the exact question we have been thinking about at Vista.



To address the needs of these children as they become young adults, Vista has introduced our Adult Services Program focusing on the essential living, social integration, and vocational skills these young adults need to integrate into society.

Vista has a long heritage of teaching individuals functional skills designed to help them integrate successfully into society.



## Center for Behavior Analysis

Empowering Independent Lives

### Our comprehensive and individualized programs are designed to:

- Engage young adults in the development of life skills
- Enable them to integrate into society
- Enrich their lives with a sense of independence

As your child gets older his/her needs change and our program adapts to their maturing needs.

### Transition from adolescence into young adulthood requires a mix of essential socialization skills to function in the community.

During this time, many parents just like you ask important questions:

*What happens when my child exits the structured public school system?*

*What financial assistance is available for my adult child with Autism Spectrum Disorder?*

*What are independent living skills and how can my child acquire these essential skills as a young adult?*

## Introducing Vista's Adult Program Empowering Independent Lives

### MODULE 1 - LIVING SKILLS:

*In Vista's Living Skills module, young adults learn to live independently with minimal assistance, learning skills like:*

- Preparing food and cooking meals
- Managing time effectively
- Maintaining a budget and paying bills
- Completing personal hygiene and grooming tasks
- Following laws, rules and guidelines and engaging in safe behavior
- Purchasing food, toiletries, and other household items

### MODULE 2 - SOCIAL INTEGRATION SKILLS:

*In Vista's Social Integration Skills module, young adults learn to participate more fully in relationships, with skills like:*

- Initiating and maintaining personal relationships
- Using appropriate social etiquette and table manners
- Tolerating frustration and exhibiting calming strategies
- Participating in social, recreational, and leisure activities
- Expressing & regulating emotions
- Using public transportation and restrooms

### MODULE 3 - VOCATIONAL SKILLS:

*In Vista's Vocational Skills Module, young adults prepare for employment, with skills like:*

- Developing a resume
- Completing job applications
- Answering interview questions and interacting with recruiters
- Planning and executing tasks
- Presenting themselves professionally
- Managing job stress