

Research Study on the ACCESS Program Needs Adults with Autism

ACCESS Program (Acquiring Career, Coping, Executive-Function, & Social Skills)



You are eligible to participate if you:

- Are diagnosed with OR suspected of having Autism Spectrum Disorder (ASD) or Asperger's Syndrome
- Are between the ages of 18-38 years
- Have graduated from high school
- Have *average or higher* verbal abilities

What is the ACCESS Program?

- Consists of 10 -15 members
- Meets weekly for 1.5 hours for a total of ~20 weeks
- Led by a developmental psychologist and supervised by a licensed clinical psychologist
- Designed to provide a relaxed and comfortable atmosphere to practice and develop skills, while meeting others and having fun
- Helps strengthen social skills, stress and life coping skills, and planning and organizational skills to empower adults with autism to *access* social, work/educational, and community opportunities
- Every participant will select a close family member or friend to serve as their "social coach" throughout the program
- A concurrent support group for the social coaches will provide them with strategies to help the adults with autism apply the skills learned in group to real world settings

ACCESS Program is free for participants and social coaches

Enrolling participants between November 2015 – January 2016

Contact Us

To sign up or ask questions, please contact:

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Additional information

The UC Davis MIND Institute is a collaborative international research center committed to the awareness, understanding, prevention and care of neuro-developmental disorders.

All studies take place at the MIND Institute, which is located at 2825 50th Street Sacramento, CA 95817

For a map and directions, visit our website at mindinstitute.ucdavis.edu



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