



What Is LifeMAP?

People with Asperger Syndrome (AS) and related conditions have many strengths and significant potential. However, in today's world an adult with AS may find it hard to display those strengths and fulfill that potential. With high level communication skills, organizational competency, and self-directed work becoming increasingly more important in daily life, individuals with AS can find themselves at a disadvantage.

LifeMAP coaching is intended to support post high school adults in practical, one-on-one intensive ways to increase clients' levels of independence. LifeMAP coach-mentors assist with executive functioning tasks and accessing social opportunities. In addition, they provide social support with college or work life. Building skills and competence in these areas may help to decrease anxiety, increase self-esteem and lead to a more meaningful and independent life.



The Asperger's Association of New England (AANE) was founded in 1996 by a group of parents and professionals dedicated to improving the quality of life for people with Asperger Syndrome.

AANE's mission is to foster awareness, respect, acceptance, and support for individuals with AS and related conditions and their families.

LifeMAP

Life Management Assistance Program



Encouraging Independence
by Providing
Practical Assistance
to the
Adult Asperger Community

LifeMAP
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LifeMAP Philosophy

“If you’ve met one person with Asperger Syndrome, then you’ve met one person with Asperger Syndrome”
- Stephen Shore, EdD, Author, Advocate, Professor, Adult on the Spectrum

With such a diverse community, finding the perfect support for **YOU** can be difficult. No one wants to be locked into a rigid program that doesn't meet his or her own needs. That's why your LifeMAP program will be designed around you — where you are, where you need to go and focused on the skills and strategies you need to get you there. Together we will establish small, manageable and achievable goals. Then we will provide flexible support to work with you along the way. Your one-on-one meetings with a LifeMAP coach-mentor can take place at your home, at AANE's offices, or anywhere in the community that will support your work towards your goals.



What Does LifeMAP Provide?

LifeMAP provides personal, intensive, one-on-one support to post-high school adults with AS and related conditions who are struggling with day-to-day tasks. These tasks may include but are not limited to:

- **Independent Living Skills**
 - Organizing the home or office
 - Creating systems to manage finances
 - Organizing appointments and calendar
 - Applying for benefits, college, and health services
 - Hygiene/healthcare management
- **Community Skills**
 - Communication (conversational, phone, email, etc.)
 - Making / meeting friends
 - Accessing social groups
- **College Support**
 - Managing workload and assignments
 - Communicating with college personnel
 - Identifying campus supports and resources
 - Maximizing social opportunities
- **Personal Growth**
 - Identifying and building on personal strengths
 - Developing strategies to minimize challenges
- **Pre-Employment and Employment Skills**
 - Identifying your skills, interests and qualifications
 - Determining a “good fit” work environment
 - Assisting with job search (interviewing, resume writing, etc.)
 - Maintaining employment



In all areas coach-mentors will assist their LifeMAP clients in accessing existing resources within their communities. Goals are monitored by both the client and LifeMAP staff through periodic self and staff evaluation to ensure that consistent progress is being made.

How To Get Connected

For more information or to request an application, please contact AANE at:

Phone: (617) 393-3824 Ext:19
Email: Nataliya.Poto@aane.org

LifeMAP is available as a fee for service program. Free and sliding scale services are available to those who qualify.