



Autism Society
Inland Empire

Life After High School: College Support for Adults on the Autism Spectrum



2023/24

**Coachella Valley, Riverside &
San Bernardino Counties**



IEAutism.org

“The best part of going to college was being able to pursue in-depth knowledge of my personal interest. The hardest part was navigating the services and organizing the supports I needed.”- K

“It offers one a learning experience like no other, for better and for worse.”- J

“What I like about community college is the fact that this is setting up your future and whatever career you’re taking. It is hard indeed, but the difficulty is important to improve on your knowledge. One of the pros is that all the classes I’m taking are online which is a plus for me as someone who has SAD (Social Anxiety Disorder). Also the college offers programs and services for people that have disabilities and your able to get yourself extra time for projects that may be hard (just make sure to contact your teacher!)” - E

Welcome to our Inland Empire Toolkit for Adults with Autism and College. This guide is designed to empower you with the knowledge and resources necessary to navigate the exciting journey of higher education.

Whether you're a student preparing to start college, a current student seeking support, or a caregiver looking for ways to assist, this guide is for you. It provides information on everything from the application process to accommodations, social aspects, and beyond.

We understand that everyone with Autism is unique, and so are their needs and experiences. This guide includes various resources, tips, and advice for diverse needs and situations.

These resources are for Regional Center and non-regional Center clients.

Remember, attending college is a significant step towards independence and self-fulfillment. You can maximize this experience with the right resources and support. We hope this guide serves as a helpful companion on your journey. Enjoy the adventure that awaits!

The Autism Society Inland Empire Autism (ASIE) maintains these Resource Listings as a service to families as a reference tool. Every effort is made to ensure listings are up to date. ASIE does not endorse or claim to have personal knowledge of the abilities of those listed. The resources listed are not intended as a recommendation, referral, or endorsement of any resource or as a tool for verifying any organization, product, or professional's credentials, qualifications, or abilities. Users are urged to use independent judgment and request references when considering any resource associated with the diagnosis or treatment of Autism or the provision of services related to Autism.

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The Autism Society Inland Empire's High School vs College



Classes are usually five days a week for 50 minutes.

Classes meet less often and for fewer hours per week. Classes vary in length and how often they meet. They can be 85 min long for one day a week, 2 hours for four days a week, or 3 hours one day a week. Online or hybrid classes may be offered where you don't have to attend the class in person.

Instruction is directed – teachers are clear about what is being taught, what students should be able to do, and what will be on tests.

Instruction is mainly by lecture, note taking skills are essential. It is up to each student to read and understand assigned material.

Teachers will "re-teach" areas that students have trouble with.

College professors will move on – those that are not ready will have to accept failing grades and try again, if they can.

Classes have 35 students

Some classes can have 100+ students

Grades depend upon a large variety of factors, including homework, participation, group projects, weekly quizzes, and several tests.

Grades may be based on only two or three scores including the mid-term and the final.

Teachers ask if you need help.

Students are responsible for monitoring their own progress and for recognizing when they need additional help. Student must seek professors' assistance or tutorial center

Effort counts.

Professors expect students' "best effort." Students are expected to demonstrate higher levels of understanding and apply learning to a variety of new situations.

You may study outside class as little as 0 to 2 hours a week, and this may be mostly last-minute test preparation.

You need to study at least 2 to 3 hours outside of class for each hour in class.

Tips for College Students

Here are some tips and resources for young adults with Autism who are planning to attend college:

1. **Obtain Certification:** Obtain certification of your ASD from a medical professional and keep your last IEP if you plan on accessing Disabled Students Services.
2. **Decide what type of accommodation or support would be helpful to you.** College differs from High School because colleges cannot modify the curriculum and only make specific accommodations. Here are some standard accommodations for college students with Autism:
 - Extended Time: Allowing for more time to get to class and for tests.
 - Note-Takers: Providing note-takers in the class to help key in on important information. Some colleges will allow you to obtain a copy of the PowerPoint presentation from the professor.
 - Alternative Testing Locations: Providing a quieter and less distracting environment for taking tests. Note: You may be responsible for booking the quiet space two weeks in advance, so you must pay attention to the syllabus.
 - Alternative Formats of Textbooks: Providing textbooks in a format that is easier for the student to understand.
 - Special Room in the Dormitory: Having a particular room in the dormitory or a special place to go during sensory overloads.

This accommodation can vary among students as everyone's needs are unique. Self-advocacy is very important at this point. Parents cannot discuss their needs with the Disability Services Office. **The student must communicate these needs to the college's disability services office and follow up to ensure the necessary support is in place.**

3. **Communicate with Professors:** Consider self-disclosing to your college professors. You do not have to say that you have Autism if you are uncomfortable, but you can tell them that you need assistance in certain areas.

You can also check out these comprehensive guides:

- [Autism and College: Your Comprehensive Preparation Guide](#) by the Adult Ability Center of Lifetime Learning.
- [Best Colleges for Adults With Autism](#) by the Adult Autism Center.
- [Preparing to Move to College with Autism](#) by the University of Florida.
- [Succeeding in College With Autism](#) by Verywell Health.
- [Autism & College](#) by the Autism Research Institute.

College Support Options in California

Camp

Project College – United Cerebral Palsy of San Diego County
Camp held at the University of San Diego

http://www.ucpsd.org/programs/project_college.html

(858) 278-5420 x 131

For ages 17-22, with a developmental disability or autism spectrum disorder, who are considering attending college in the near future or already attending and are diploma bound. Cost Includes five-night housing, all meals, activities, and program materials. Participants are responsible for transportation to and from USD and their own spending money. The full weekly tuition (including meals, lodging, and activities) is \$850. Need-based scholarships are available.

Coaching

Many of these are vendored with Inland Regional Center.

Alora Behavioral Health (formerly Howard Chudler and Associates)

Glendora

(714) 529-2549

www.chudler.net

It has a Campus Life program that can support individuals on various college campuses in the Inland Empire and Southern California. Regional Center program.

California Autism Network (CAN) – Amanda Backer

<https://californiaautismnetwork.com/>

California Autism Network (CAN) provides training and assistance in developing self-advocacy, communication, and executive function skills. CAN believes in helping individuals with ASD to develop meaningful lives and thrive as independent adults. CAN services include Assessment of client skills, interests, and areas of need; Development of the individual treatment plan identifying goals and objectives to increase the client's independence at home, school, work, or within the community; Recommendations for needed assistive technology; support to the client and family throughout the implementation of the treatment plan. CAN services are provided individually or in small group instruction, in-person or virtually, supporting clients to learn appropriate school and workplace behaviors, including time management, social skills, self-advocacy, goal setting, hygiene, and professional appearance. CAN accepts private payment plans and is a vendor for Inland Regional Center.

College Connect

www.collegeconnectsupport.com

626-691-6519

College Connect is a local support program for students with developmental disabilities to enhance independence, promote academic and occupational success, and create meaningful relationships. Has several programs, including Mt Sac and Cal Poly Pomona. The College Connect approach was developed by college professors educational, and clinical psychologists in response to the growing need for support services after high school. College Connect actively promotes a positive culture surrounding the development of social-emotional skills and academic and educational strategies for success and independence. All services take place directly on the college campus. Regional Center vendored with service code is 605, and the vendor number is PP5925.

Personal Assistant and Supported Living Support

These are Regional Center services. Contact your caseworker for more information.

Personal Assistance Services help individuals with disabilities perform tasks they would typically do if there were no disability. This additional support for medical and daily living skills enables participation in age-appropriate and community-based activities like childcare, afterschool settings, camps, social recreation, and college. Check with your Regional Center for a list of agencies that can help. You may also work with an agency to hire someone over 18 (non-parent) to assist.

Services assist with:

- Related and Other Services: Attending college & and after-school programs (general safety supervision), facilitation at meetings, volunteer jobs, protective supervision, teaching, demonstration of communication devices, companionship, help with public transportation, or inclusion in social and recreational activities.
- Personal Care Activities: Bathing, dressing, grooming, eating, transfers, & toileting.
- Domestic Services: Housekeeping, laundry, shopping, meal preparation, & pet care.
- Paramedical Services: Administering medications, medication reminders, injections, catheter care, wound care, and standby assistance with walking & transfers.

24 Hour Cares

<https://www.24hrcares.com/>

Offers agency and Preferred Provider Services (PPS) for Personal assistant services.

College to Career Program – Cole Vocational/CA Mentor Program

(855) 636-8672

<http://www.ca-mentor.com/adult-services/college-programs/college-support>

Chaffey College and Long Beach City College, Big Bear Lake, Ontario, Moreno Valley, Riverside, San Bernardino, Temecula, Victorville

As part of California MENTOR's day programs, the College Support program offers individuals the chance to take community college classes. They offer

assistance with campus and enrollment support, class selection, support in the classroom, tutoring, and transportation, ensuring a successful experience for each individual. College Support is an option for adults with minimal support in day programs throughout California who can attend class independently and those who need assistance getting around campus.

College Internship Program (CIP) – CSU Long Beach, CSU Berkeley

(310) 569-9308 or 1-877-KNOW-CIP

www.collegeinternshipprogram.com

The College Internship Program is a comprehensive post-secondary support program for students ages 18 to 26 with Asperger's, high-functioning autism, and learning differences. Each student receives individualized social, academic, career, and life skills instruction to develop and strengthen their areas of social thinking, executive functioning, sensory integration, money management, recreation, and health and wellness.

College Living Support (CLE)

[800] 486-5058

<https://experiencecle.com/>

Orange County

Offers support independent living support, social skills, academic, self-advocacy, and career development for students wanting to attend the Art Institute in Orange County, Cal State Fullerton, Cal State Long Beach, and Chapman University.

Financial

California Department of Rehabilitation (DOR)

The California Department of Rehabilitation (DOR) can help with education or training for college. This assistance is provided under two conditions:

1. The education or training should help you reach your job goals.
2. The program should equip you with the skills to be a strong candidate for entry-level positions in your chosen field.

For example, if the vocational/employment goal is to become a teacher, the necessary educational training is a bachelor's degree and a teaching credential, not a Master's Degree. If the vocational/employment goal is becoming a lawyer, then training would consist of attaining a Juris Doctor Degree. Some vocational goals, such as medical assistant, require certification. DOR may fund the certification program for these goals but not a college degree.

DOR will only pay for your educational training if it is written in the student's Independent Plan for Employment (IPE). The college or university must also accept an "authorization/promise to pay" from DOR for tuition and fee payments. DOR does not pay for classes until services are rendered. The student must complete the courses for that semester for DOR to pay for them. The student must provide DOR with information on dates and costs before the semester so that DOR can issue authorization, allowing you to register with the school or college.

The DOR will fund the least expensive option to achieve your employment goal. If the DOR has completed a financial assessment and your income exceeds certain limits, the DOR may also ask you to contribute financially to the cost of

While receiving educational training, DOR may provide you with the support and services necessary to reach your employment goal and complete your educational training. Examples of these supports include, but are not limited to, the following:

- books and other school-related supplies;
- transportation, such as a bus pass or gas money;
- Assistive Technology (AT), such as computers, software programs, text readers, calculators, magnifiers, AT training, etc.;
- post-employment services;
- job-related services;

When attending a publicly funded college or university, you must obtain services from that institution, including readers, interpreters, and note-takers, considered comparable services and benefits under state law.

For more information:

- Disability Rights California Educational and Training Services through the California Department of Rehabilitation Fact Sheet
<https://www.disabilityrightsca.org/publications/educational-and-training-services-through-the-california-department-of-rehabilitation>

Scholarships

See our website for the most updated list of Autism specific scholarships at <https://ieautism.org/college-scholarships/>.

Tutoring

Often, students with disabilities must sign up for the generic tutoring resources on campus. Please check with the Disabled Students Office how this works for the college you are considering.

Autism-Friendly Colleges in Southern CA

Here is a list of colleges that offer various Autism supports throughout the US with a description of the services they provide. Each college offers different services, so you will want to read what those services are. Some colleges on the list provide more services than others and are more autism-friendly than other colleges, so you will want to read the description of services of each college one may be interested in attending. Please note that this list includes the entirety of the United States and is not just limited to the state of California.

<https://www.topcollegeconsultants.com/autism-in-college/>

Think College – Has a wonderful online search for colleges across the United States: <https://thinkcollege.net/college-search>.

Colleges and University in Southern CA

California State University San Marcos - CSUSM ASPIRING SCHOLARS PROGRAM

SAN MARCOS

scholars@csusm.edu

760-750-8506

<https://www.csusm.edu/el/programs/aspiringscholars/index.html>

The California State University San Marcos (CSUSM) Aspiring Scholars Program is a non-degree, four-year university program for students with intellectual disabilities seeking an inclusive college experience. Students participate in academic courses, vocational internships, independent living skills instruction, and campus-wide social activities with the goal of competitive integrated employment. They will learn and grow alongside their CSUSM peers, becoming active in the CSUSM community. Students will earn an academic and career studies higher education certificate upon completion. The CSUSM Aspiring Scholars Program will provide students with intellectual disabilities the knowledge, skills, and opportunity to follow their aspirations and to live their lives inclusively in their community. Peer mentors, faculty, and staff will become advocates for change to create and maintain an equitable and inclusive world.

California State University, Long Beach - THINK BEACH

LONG BEACH

CED-Ccces@csulb.edu

5629854991

<https://thinkbeachcsulb.weebly.com/>

The program strives to provide academic growth, career exploration, work experience, and social activities to young adults with IDD while empowering them to acquire the knowledge and skills needed to become independent

citizens. We offer an opportunity to experience life on a college campus while developing self-determination, independent living, and vocational skills. Each student will be in the program for four semesters, taking university courses, meeting with peer mentors, attending living skills workshops, obtaining work experience on campus, and enjoying campus life.

Center For Neurodiversity, Learning, And Wellness (CNLW) (University Of La Verne)

<https://education.laverne.edu/neurodiversity/>

Offers a multi-faceted program of educational services, professional training, research, and community engagement intended to promote a greater understanding of neurological diversity in our culture. They provide an ongoing schedule of community events, classes, and private sessions that empower students of all ages with the cognitive, social, and emotional tools they need to become powerful self-advocates. We also offer a broad range of workshops and certificate training programs that help professional practitioners increase their ability to serve and include students with autism, ADHD, dyslexia, behavioral challenges, and other neurological differences in all aspects of society.

CSUN, CSLA, Woodbury University, LA Valley College, LA Pierce College, LA Mission College, College of the Canyons, Glendale College, and West Valley Occupational Center - Tierra del Sol Foundation, NEXUS Program

SUNLAND, CA

8185352085

ariner@tierradelsol.org

www.tierradelsol.org/college-to-careers

NEXUS 2.0 is a three-phased model program that includes an intensive period of discovery, an extended time to conclude the educational path desired by each student, and a short-term internship phase. This final one-year phase is intended to prepare newly launched college students for total immersion in the work environment to ensure a successful transition from student to employee.

Mt San Antonio College - School of Continuing Education's (SCE) IMPACT Program

Walnut, CA

(909) 274-4192

impact@mtsac.edu

<https://catalog.mtsac.edu/programs/noncredit-programs/programsaz/adults-with-disabilities/>

Mt. San Antonio College's School of Continuing Education offers specialized courses to promote the development of independent living and employment skills of individuals with developmental and intellectual disabilities. These classes prepare students with the skills they need for employment, living independently,

participating in college life, and community involvement. Classes are offered year-round online and in person at many other locations throughout the area. Check the online schedule of classes at <https://www.mtsac.edu/schedule/> for up-to-date course information. Classes can include:

- DSPS ELL01 Lifelong Learning for the Special Needs Population.
- DSPS IAEP Interacting with Emergency Personnel and Authorities.
- ACCS IBSID Introduction to Banking for Students with Intellectual Disabilities.
- ACCS ILHFS Independent Living Skills
- ACCS ILSBB Basic Budgeting and Money Management.
- ACCS ILPLS Independent Living Skills – Practical Living Skills.
- ACCS ILSPC Independent Living Skills – Personal Care.
- ACCS ILSHS Independent Living Skills – Human Sexuality.
- ACCS ILSRR Independent Living Skills – Romantic Relationships.
- ACCS MBS Independent Living Skills – Memory Building Skills.
- ACCS ILSSS Independent Living Skills – Safety Skills.

UCLA Extension - PATHWAY AT UCLA EXTENSION

Los Angeles

pathway@uclaextension.edu

310 794 1235

<https://www.uclaextension.edu/pathway>

Pathway at UCLA Extension is a two to three-year college program for students with intellectual and other developmental disabilities, offering a blend of educational, social, and vocational experiences. Pathway students attend classes on campus and participate in a major university's many social, recreational, and cultural activities.

Vocational Programs (Local)

Vocational Programs provide training and opportunities for adults on the Autism Spectrum to discover their passions and potential career paths. Many of these programs are available free of charge to non-Regional Center clients. Some of these programs are vendored through the Regional Center. The following is a list of known vocational programs.

Media Lab

California Family Life Center

Hemet

951-765-0917

Offers various programs that service youth through job training, short-term residential, Safecare, Foster care, and kinship care. California Family Life Center's mission is to provide safety, comfort, and healing to children suffering abuse and abandonment; to teach love and trust; to instill self-esteem, values, and hope for the future – and in so doing, assist children trapped in hopelessness and despair become compassionate and contributing members of the community.

CNC Machinist Program – Uniquely Abled

San Bernardino Valley College

Program Contract: Miguel Ortiz, (909) 900-5084 miortiz@valleycollege.edu

The program is designed to build upon the talents and skills of adults with disabilities interested in computers and technology who want to enter the manufacturing industry—a job training program designed to educate adults with disabilities through in-class learning and hands-on work experience.

Desert Arc

73255 Country Club Drive, Palm Desert, CA 92260

(760) 346-1611

<https://www.desertarc.org/>

Desert Arc is a nonprofit human services organization in the desert communities within the larger Coachella Valley – Morongo Basin, serving people with developmental and intellectual disabilities, including conditions such as Autism, Cerebral Palsy, Down Syndrome, Epilepsy, and many others. Pathways to Employment is the umbrella for our vocational, on-the-job training, and supportive job placement service programs, working directly for Desert Arc or within our fellow employer network. Programs include an Adult Day Center, Behavior Management, Cafeteria Services, FYI – For Your Independence and ILS – Independent Living Skills supportive living, Sports and Recreation, Transportation programs, and many more.

Game Gen

1-833-426-3436

Ontario

<https://www.gamegen.com/>

Game Gen provides vocational job training, academic support, and product development in computer science. Our mission is to create a productive community that provides an educational pathway for individuals to achieve meaningful lives by becoming game developers, exploring employment, and lifelong friendships. Our ultimate goal is to see our students go on to lead creative, financially independent, socially connected, and preferred lives. Regional Center vendored.

Impact Arts

Redlands

Program Contact: Lillian at Autism.lvasquez@gmail.com

<http://www.in-roads.net/impact-arts/>

Impact Arts is an innovative art development and exploration program providing a new path for adults with developmental disabilities to explore and engage in employment opportunities in art and learn skills to increase independence and success in our community. Information for your Inland Regional Center Representative: Vendor Number PJ5106

JDS Studios- Creative Academy

Temecula

(951) 296-6715

<https://jdscreativeacademy.org/>

A full-service training vendor for Inland Regional Center with video production training, including producing a weekly news broadcast and interacting with the community.

Media Lab

27555 Ynez Rd Ste 110, Temecula, CA 92591

(951) 404-0593

www.themedialab.school

Mon-Fri 8 am – 3 pm. Inland Regional Center clients only. Offers training in Film and Cinema, Broadcast TV – sitcoms, gameshow, newscasting, Camera, lights, audio, Editing, Set, prop, and art design, Stop-motion animation, Acting, script writing, and storytelling, YouTube and voice-over work, Teamwork, collaboration, and so much more! Offers in-person and online learning. The Media Lab will help you develop a demo reel and resume, which you can use to apply for jobs. Students interested in seeking paid employment will be referred to their IRC Service Coordinator for potential referral to the Department of Rehabilitation (DOR).

Options for All – Film & Media Studios

San Bernardino

(909) 475-9503

<https://optionsforall.org/film-media-studios>

In-depth film production, project management, marketing, graphic design, advertising, and sales. Each session will develop and build upon the creative and practical skills of interested filmmakers who have developmental disability, with the goal for them to become employed, independent, and well-rounded individuals. The program is held for four semesters at 20 weeks, 25 hours a week. Vendedored by Inland Regional Center. The program will dedicate ten weeks to the first film and ten weeks to the second film. Each individual will receive instruction on directing, producing, cinematography, and art. When filming is complete, the individual will learn post-production. Finally, the individual will explore the business's sales, marketing, and film distribution aspects. The program combines classroom-style teaching with hands-on experience to integrate theoretical and practical. The program approaches learning from the perspective that the material is best internalized when applied directly in the classroom, on the set, and in live productions.

Technical Employment Training, Inc. (TET)

San Bernardino

(909) 382-4141

<http://technicalemploy.org/>

TET provides hands-on machinist skills training and manufacturing trades education to fill in-demand, high-tech positions and cultivates highly skilled students who will be federally certified for immediate employment upon high school graduation. TET is unique from other trade schools in its 100 percent placement of students, operation of a manufacturing plant that offers real-world applications, and role as an active partner with the school district in creating industry pathways. Not Regional Center vendedored at this time.

Upland Studio Arts – Tierra Del Sol

2nd Avenue Arts Program

134 N. 2nd Avenue, Upland

(909) 758-7317

www.tierradelsol.org

Inland Regional Center vendedored program focused on art.