## Aspirations: Parent Support Group Sample Curriculum

<table>
<thead>
<tr>
<th>Topics</th>
<th>Aspirations Parent Support Group Curriculum</th>
</tr>
</thead>
</table>
| **Week 1** | • Introduce themselves and share briefly – information about their family, their young adult with ASD and the challenges their young adult faces  
• Bring a photo and share  
• Discuss the rules of the group  
• Plan schedule for the next eight weeks based on the topics the parents would like to discuss  
• Distribute information about Asperger Syndrome  
• Gather contact information |
| **Week 2** | • Discuss specific strengths and weaknesses of the young adults  
• Share problem-solving ideas  
• Discuss how young adults deal with social interaction and communication  
• Discuss how to be supportive to young adults  
• Other possible topics for discussion may include driving, employment, money management, etc. |
| **Week 3** | • Discuss community resources, OSU resources, MR/DD resources  
• Discuss adaptations of the family  
• Discuss employment and independence (how to support, resources, successes, challenges) |
| **Week 4** | • Expert discuss a range of issues related to young adults with ASD  
• Discuss relationships (how to support, how to encourage)  
• Discuss long-term relationships (partners, sexuality, becoming parents) |
| **Week 5** | • Young adults – social event  
• Parents will meet in different locations TBD – opportunity to relax and share informally |
| **Week 6** | • Another expert will discuss a range of issues related to young adults with ASD  
• Discuss arrangements/resources in the event of death of parent/primary care giver |
| **Week 7** | • Discuss higher education opportunities for young adults with ASD |
| **Week 8** | • Discuss vision for the young adult with ASD for the next 5 years? 10 years?  
• How to support, encourage meeting those goals  
• Distribute post-Aspirations paperwork (complete and return next week) |
| **Week 9** | • Post-Aspirations Session  
• 6:30-7:00 – complete post-Aspirations paperwork  
• 7:00-8:00 – facilitators will join parents to allow for an opportunity for feedback between parents and facilitators |