



# Where are you on your journey? Resources for Autistic Adults

## PART 1: ORGANIZATIONS AND SOCIAL MEDIA

### INFORMATION AND REFERRAL

**Autism New Jersey** – Contains general information about autism, as well as a hotline in which callers can be referred to appropriate services.

[www.autismnj.org](http://www.autismnj.org) Phone: 1-800-428-8476. Email form available on website.

**New Jersey Division of Disability Services** – Provides information and referral to agencies; assists with navigating state and county services.

[www.nj.gov/humanservices/dds/home/index.shtml](http://www.nj.gov/humanservices/dds/home/index.shtml). Phone: 1-888-285-3036.  
Email form available on website.

### EMPLOYMENT

**New Jersey Division of Vocational Rehabilitation Services** – Offers career counseling, training opportunities, job placement, and other services for individuals with disabilities.

<https://www.nj.gov/labor/career-services/special-services/individuals-with-disabilities>.

Phone: 1-866-871-7867. Email: [dvradmin@dol.nj.gov](mailto:dvradmin@dol.nj.gov). Interested individuals may also complete a referral form on the website.

## GENERAL RESOURCES

**Ocean County Library's Autism Resources Center** – Contains lists of providers in New Jersey, autism-related community events, suggestions for places to visit, and more.

[www.theoceancountylibrary.org/autism](http://www.theoceancountylibrary.org/autism)

## HOBBIES & INTERESTS

**The Art of Autism** – Provides a forum for autistic artists, musicians, and writers.

<http://www.the-art-of-autism.com> Email: [theartofautism@gmail.com](mailto:theartofautism@gmail.com)

**Association for Autism and Neurodiversity (AANE)** – Showcases works by autistic artists, crafters, writers, and more. Free to join. Holds virtual meetings and in-person and virtual Art Meet-Ups.

[www.aaneartists.org](http://www.aaneartists.org)

## SELF-ADVOCACY

**Autistic Self Advocacy Network (ASAN)** – Governed by autistic adults, this organization fights for disability rights, ensures that autistic people are included in policy-making, and works to make society more inclusive.

<https://autisticadvocacy.org> Email: [info@autisticadvocacy.org](mailto:info@autisticadvocacy.org)

## SOCIAL

**Autism Teens and Adults of NJ (Facebook Group)**

**Autism Support Group for Adults / Autistic Adulthood (Facebook Group)**

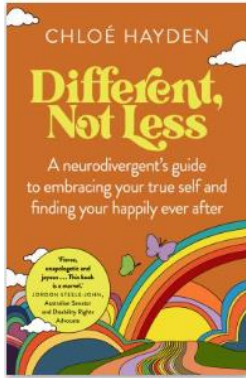
**Autistic NJ Neurotribe (Facebook Group)**

## SUPPORT (IN-PERSON OR ONLINE)

**Association for Autism and Neurodiversity (AANE)** – Offers free programs (telephone support, discussion boards, online support groups, and an artist collaborative), and fee-based services (life coaching for adults, social groups, and conferences). Financial assistance is available for fee-based programs. Most of the group's work is online. <https://aane.org>. Schedule a free phone call or complete the email form on the website. Email directly at [info@aane.org](mailto:info@aane.org).

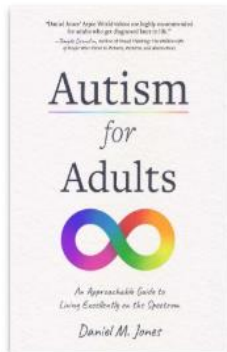
**Global and Regional Autism Spectrum Partnership (GRASP)** – Offers virtual autism assessments and coaching services (programs are fee-based). <https://grasp.org>. Phone: 1-888-474-7277. Email: [info@grasp.org](mailto:info@grasp.org)

## [PART 2: BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY](#)



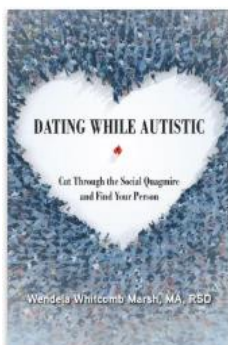
**Different, Not Less: A Neurodivergent's Guide to Embracing Your True Self and Finding Your Happily Ever After** by *Chloé Hayden*. 2022. 616.85 Hayd.

Growing up, Chloe Hayden felt like she'd crash-landed on an alien planet where nothing made sense. Eye contact? Small talk? And why are you people so touch-oriented? She moved between 10 schools in 8 years, struggling to become a person she believed society would accept, and was eventually diagnosed with autism and ADHD. When a life-changing group of allies showed her that different did not mean less, she learned to celebrate her true voice and find her happily ever after. This is a moving, at times funny story of how it feels to be neurodivergent as well as a practical guide, with advice for living with meltdowns and shutdowns, tips for finding supportive communities and much more.



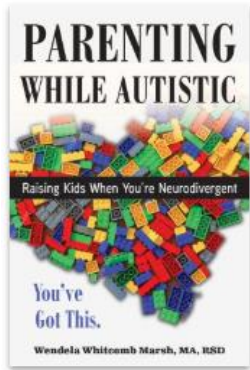
**Autism for Adults** by *Daniel M. Jones*. 2023. 616.858 Jone.

A straightforward guide to autism that will benefit any autistic adult. Readers will learn how their minds work differently from those of their neurotypical peers, and will learn advice that's applicable to their struggles and lives. Daniel explains how to navigate aspects of adult life that can be extra challenging for autistic people, such as job applications and interviews, confusing social situations, and personal health.



**Dating While Autistic: Cut Through the Social Quagmire and Find Your Person** by *Wendela Whitcomb Marsh*. 2023. 646.77 Mars.

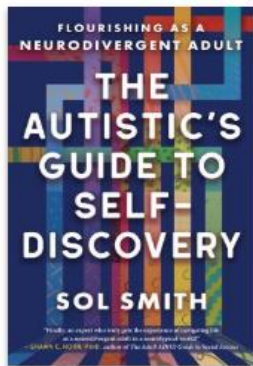
"Dating is stressful, isn't it? If you're autistic, the thought of trying to meet someone new can feel exhausting. Could you use a dating coach, but in book form? Then you've come to the right place. This book takes you from first date to friendship to love."



**Parenting While Autistic: Raising Kids When You're Neurodivergent** by *Wendela Whitcomb Marsh*. 2023. 616.85882 Mars.

"If anyone suggests that autistic people should not have children, in the mistaken belief that they would not be good parents because of their neurodiversity, they are wrong. Having a different brain as autists, ADHDers, and AuDHDers do, does not mean that you shouldn't be part of this link, if your heart leads you to parenting. This book is here to help you navigate the unique aspects of parenting while autistic." –

Amazon.com



**The Autistic's Guide to Self-Discovery: Flourishing as a Neurodivergent Adult** by *Sol Smith*. 2025. 616.85882. Smit.

"A guide to self-acceptance and empowerment for autistic adults. Through research, practical advice, and personal anecdotes, the book helps readers embrace their neurodivergence, navigate social challenges, and lead fulfilling, authentic lives."