



# Where are you on your journey? Resources for Caregivers

## **PART 1: ORGANIZATIONS, SOCIAL MEDIA, AND APPS**

### **SUPPORT**

**Mom2Mom** – Mothers of disabled children and adults provide counseling, support, and advice to other mothers of disabled individuals.

<https://mom2mom.us.com> Phone: 1-877-914-6662. Email form available on website.

**New Jersey Autism Warriors (Facebook Group)** – Parents and caregivers of disabled children and adults provide support to each other and share information. NJAW is affiliated with POAC Autism Services.

**New Jersey Parents of Developmentally Disabled Adults (Facebook Group)**

**Parents of Autistic Adults (Facebook Group)**

### **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 Office of the Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families** – Works with disabled individuals and their caregivers to obtain services.

<https://www.nj.gov/treasury/njombudsman> Phone: 1-609-984-7764.

Email form available on website.

## INFORMATION AND SUPPORT

**Autism Parenting Magazine** – Publishes information about autism-related topics, events, developments, treatments, and news stories.

<https://www.autismparentingmagazine.com>. Also available as an app through the App Store or Google Play. *There is a cost involved; see website for details.*

**SPAN Parent Advocacy Network** – Information and referral, caregiver support, and resource center.

<https://spanadvocacy.org> Phone: 1-800-654-7726. Email: [info@spanadvocacy.org](mailto:info@spanadvocacy.org)

## INFORMATION - EDUCATION

**New Jersey Department of Education – Office of the Special Education Ombudsman** – Provides information and support to students, caregivers, and educators regarding special education rights and services.

<https://www.nj.gov/education/specialed/parents> Contact: Cynthia Hoenes-Saindon, Special Education Ombudsman. Phone: 1-609-376-9060.

Email: [specedombudsman@doe.nj.gov](mailto:specedombudsman@doe.nj.gov)

## INFORMATION - FINANCIAL

**New Jersey ABLE** – ABLE accounts allow disabled individuals and their caregivers to save private funds to supplement benefits provided through Social Security and Medicaid.

<https://savewithable.com/nj/home.html> Phone: 1-888-609-8869.

Email: [nj.clientservice@savewithable.com](mailto:nj.clientservice@savewithable.com)

## INFORMATION - GENERAL

**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)

## SERVICES AND SUPPORT FOR CHILDREN UNDER 3

**New Jersey Early Intervention Services** – For concerns about the development of a child who is under the age of 3.

<https://www.nj.gov/health/fhs/eis> Phone: 1-888-653-4463

## SERVICES AND SUPPORT FOR CHILDREN AGES 3 - 21

**PerformCare (The Children's System of Care)** – Behavior therapy, respite, summer camp, and assistive technology for those ages 3 - 21.

<https://www.performcarenj.org> Phone: 1-877-652-7624

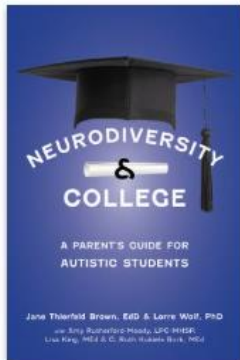
Email: [solutions@performcare.com](mailto:solutions@performcare.com)

**New Jersey Division of Developmental Disabilities** – Home and community-based services for those ages 21 and over. Caregivers select a “support coordination agency,” which assists in planning housing, employment, day programs, and other services.

<https://www.nj.gov/humanservices/ddd> Phone: 1-800-832-9173.

Email form available on website.

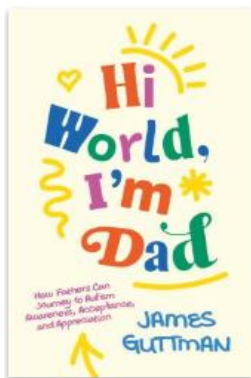
## **PART 2: BOOKS AVAILABLE AT THE OCEAN COUNTY LIBRARY**



### **Neurodiversity & College: A Parent's Guide for Autistic Students**

by Jane Thierfeld Brown. 2025. 378.0087 Brow.

“Sending a child off to college is a daunting experience for most parents, but if your child is neurodivergent, the challenge is magnified. Even students with excellent academic preparation face difficulties in higher education, primarily related to communication, social skills, and sensory-based issues. This parent-friendly book, written by parents who also are college professionals, takes fear and mystery out of the college experience.” – Back Cover.

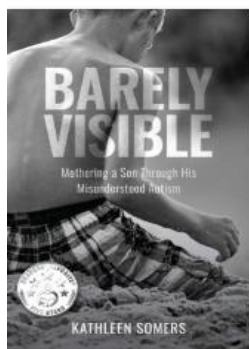


### **Hi, World, I'm Dad: How Fathers Can Journey to Autism Awareness, Acceptance, and Appreciation**

by James Guttman. 2025.

649.154 Gutt.

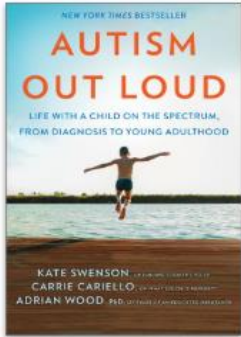
“A candid and compulsively readable guide to raising an autistic child, from the perspective of a single father. With an exploration of the challenges facing male carers in this space - from gatekeeping to traditional masculinity - this will help fathers, and all parents of autistic children, advocate for themselves and their children.”



### **Barely Visible: Mothering a Son Through His Misunderstood Autism**

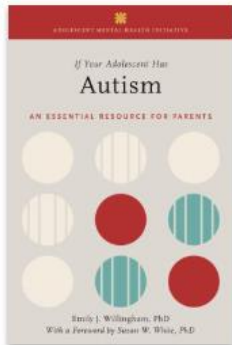
by Kathleen Somers. 2025. B Some. 2025.

For any parent who has ever struggled with a child's difficult or peculiar behavior, this candid and compelling memoir about raising a child on the spectrum offers reassurance that you are not alone--and a path forward is possible. When your child is diagnosed with autism, a million questions come to the surface and fear sets in. The discovery that they are high functioning comes as a relief--it may enable them to disguise their shortcomings. Or it may create additional problems. This is a candid memoir of one mother's struggle with the gray space between her son appearing one way on the surface, yet being quite different beneath it.



**Autism Out Loud: Life with a Child on the Spectrum, From Diagnosis to Young Adulthood** by *Kate Swenson*. 2025. 618.92858 Swen.

In this moving narrative of resilience and pure love, three mothers share their experiences and learnings about life alongside autism. Kate, Adrian and Carrie have children with very different autism profiles, and in *Autism Out Loud* they write about their unique experiences on a variety of topics, from diagnosis to caregiving, schooling and aging.



**If Your Adolescent Has Autism: An Essential Resource for Parents** by *Emily Jane Willingham*. 2025. 649.154 Will.

“Most people would agree that adolescence can be a tough time for parents and their teens. Autistic teenagers may face specific challenges, though, and need targeted support from the adults in their lives, taking advantage of their strengths to help them fulfill their potential. The road ahead can be challenging for parents and caregivers, too, especially because the teenage years can involve

surprising changes in a child and in society's expectations of them.” – From the Publisher.