

Activity 1—Connecting with others

Having people in your life to talk to, laugh with, and have fun with can lift your spirits, give you something to look forward to, and provide you with friendships and support during challenging times. Often, caregivers of adults with an autism spectrum disorder (ASD) feel isolated from other families or do not have time to nurture friendships.

Use this worksheet to think of ways to connect with people, such as other caregivers, friends, or community members. Finding an activity that you enjoy that also helps you to meet people can be one option. Or you may choose to cultivate relationships that you already have, but have not made time for. This worksheet can be a springboard of ideas for finding connections to others in your life.

Activities

Make a list of the types of activities that you enjoy doing:

- _____
- _____
- _____
- _____
- _____

Of these activities, which ones are done with other people? Which ones could be done with other people?

Choose one activity. Who could you invite to participate in it with you next time?

Places

Make a list of the types of places that you visit on a weekly basis.

- _____
- _____
- _____
- _____
- _____

Do you see some of the same people each week at these places? Could you connect with someone there?
Could a friend join you in any of these places?

People

Make a list of friends who you've met or spoken with in the last couple of years.

- _____
- _____
- _____
- _____
- _____

Are there any friends who you've lost touch with? Who could you connect with again?
