

Handout 2—Monthly budget

Creating and maintaining a monthly budget with your adult with autism spectrum disorders (ASD) can help him or her manage finances as well as employment or financial support. Use the following worksheet to develop a monthly budget together with your adult with ASD. Encourage him or her to keep track of receipts, and then at the end of the month, go back and see the expenses for the month. Revise the next month's budget as you see fit.

Category	Monthly Budgeted Amount	Monthly Actual Amount	Difference	What kind of information is it?
INCOME:				
Salaries				
Miscellaneous income				
INCOME TOTAL				
EXPENSES:				
Mortgage or rent				
Electricity/gas				
Water				
Home repairs/maintenance				
Groceries				
Toiletries				
Clothing				
Phone				
Cable/satellite TV				
Internet service				
Health insurance				
Car payments				
Gasoline				
Auto insurance				
Other transportation				

Misc. loan payments				
Savings deposits				
FUN EXPENSES:				
Dining out				
Movies				
Gym membership				
Hobbies				
Vacations				
Other fun activities				
TOTAL EXPENSES				