

# Autism & Natural Supports:

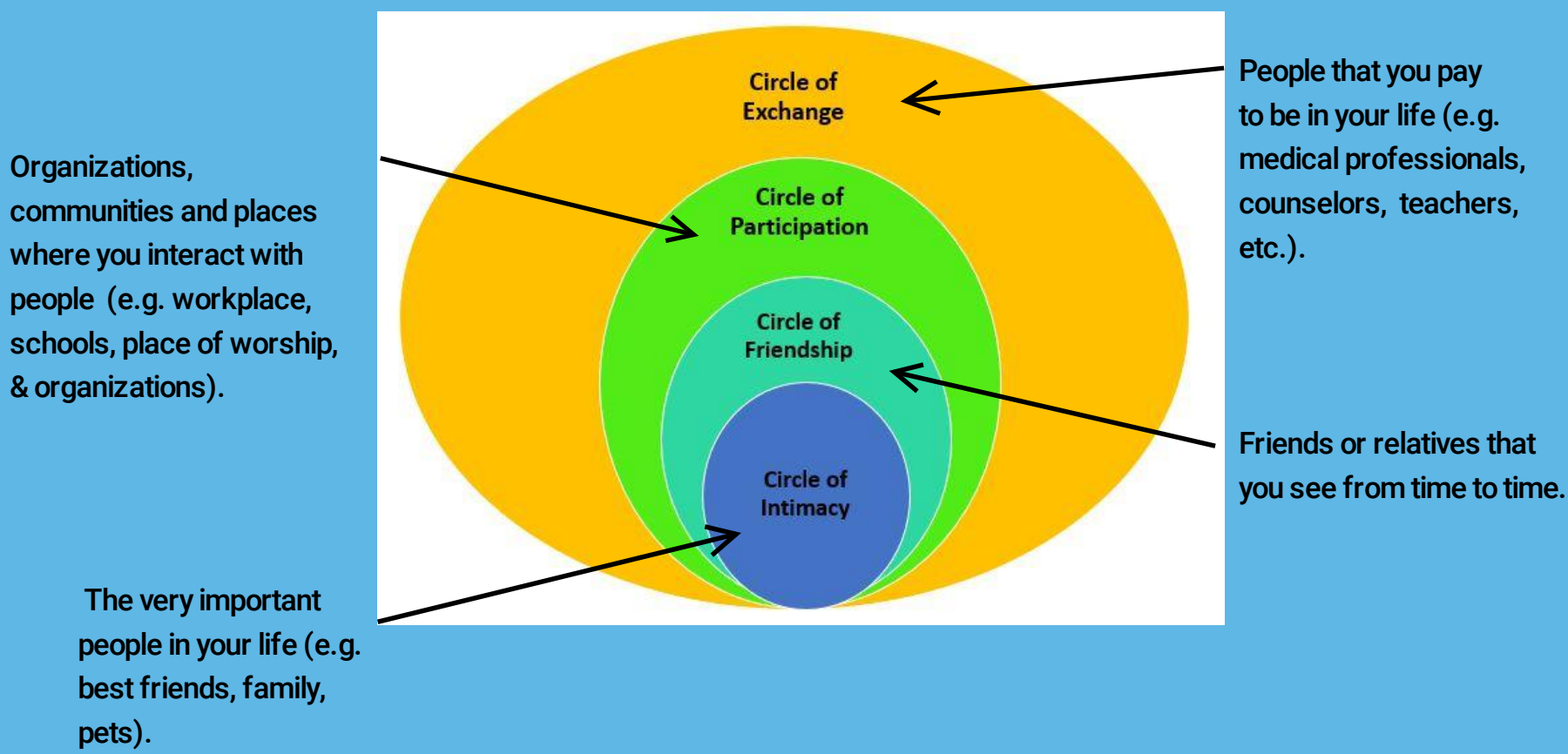
## What are Natural Supports?

Natural Supports are the relationships that people build upon in their everyday lives.

Examples include:

- Friends
- Family Members
- Co-Workers
- Community Members
- Church Personnel/Members

## Different Levels of Natural Support



## Why are Natural Supports Important?

Natural Supports are important for all people, regardless of disability. Natural Supports help people to develop confidence via meaningful participation in relationships, organizations, and communities. These relationships not only foster individual independence and personal growth, but also improve quality of life.



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## How can Natural Supports be Used?

Natural Supports can be developed in any type of setting, situation, or relationship. You can develop natural supports by identifying key people in various facets of your life and building upon those relationships. You can also identify your interests/aspirations and seek out social/community events and resources that best fit your interests. It takes time and patience to develop natural supports but it can help you build confidence and self-esteem to yourself.



Source: Shutterstock



Source: Philadelphia Magazine

## Examples of Natural Supports in the Community

- Volunteering
- Community Events/Group Activities
- Social Events/Activities
- Places of Worship
- Recreation Activities
- Peer/Mentor Support Groups

## Sources

- "Natural Supports." The Arc-Indiana, 17 Apr. 2018, Web. [www.arcind.org/supports-services/natural-supports/](http://www.arcind.org/supports-services/natural-supports/).
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- Sicile-Kira, Chantal. "Creating Natural Supports For Those With Autism." *Psychology Today*. Web. 16 Jan. 2013. Accessed 17 Apr. 2018

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