

Young Adults on the Autism Spectrum

Group Activities and Goal Coaching for Health and Well-Being in Adults on the Autism Spectrum

A Vanderbilt Trans-Institutional Program

This study will enroll:

- Young adults on the autism spectrum,
- Who have exited high school, and
- Are between the ages of 18 and 35 (with or without a legal guardian)

Involvement includes:

- Wearing an activity watch
- Completing surveys
- Participating in 5-day group activity at Vanderbilt and surrounding Nashville partners
- Receiving three months of distance coaching based on goals identified by the individual

Opportunities to:

- Learn about setting and attaining goals
- Work on improving health
- Explore fun places in Nashville

Program is offered at no charge to participants and will include compensation

For additional information email: