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Manassis' "Launching your autistic youth to successful adulthood: Everything you need to know about promoting independence and planning for the future" (book review)

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Book Reviews



Manassis, K. (2020). *Launching your autistic youth to successful adulthood: Everything you need to know about promoting independence and planning for the future*. Philadelphia: Jessica Kingsley Publishers. 237 pp. \$19.95. ISBN 9781787753457

While many books and resources exist about parenting and specifically how to position your child to gain admittance to the best colleges and become an adult, fewer resources exist for parents whose children are diagnosed with Autism Spectrum Disorder. *Launching Your Autistic Youth to Successful Adulthood* seeks to fill that void in the parenting literature. Dr Katharina Manassis describes why transitioning to adulthood can be difficult for autistic youth, outlines specific guidance for areas that can be difficult, and also provides information on long-term planning for the future. Specific areas discussed include independence, education, employment, physical and mental health, social life, and creating a support system. While these are area to be considered in preparing any youth for adulthood, concerns and approaches that can be helpful with autistic youth are highlighted.

Dr. Katharina Manassis approaches this topic from the dual role of a child psychologist and the mother of an autistic son. These roles provide her with personal experience in launching an autistic youth as well as the professional expertise and credentials to write knowledgeably and authoritatively about the topic. *Launching Your Autistic Youth to Successful Adulthood* provides numerous vignettes drawn from individuals she has encountered in her personal and professional roles. These serve to illustrate the content and provide further insight as to how the principles can be implemented. In addition to these examples, each chapter ends with a summary titled “Take-Home Pearls” which are especially useful.

As Dr. Manassis is a child psychologist, the presence of some citations and a several page bibliography demonstrates that the content is well-researched. However, the book is conversational and inviting as well which is one of the stated goals (p. 14). While some examples, particularly those relating to government programs, are specific to Canada, the overall principles are universally applicable. Manassis does not write from a specifically Christian viewpoint. Social interactions and dating relationships are included in the challenges discussed.

Launching Your Autistic Youth to Successful Adulthood is suitable for several audiences. While the primary audience is parents, individuals who are preparing to work

with autistic youth or their parents in any capacity will find this book useful as a reference book when working with parents or as the basis for a training seminar. Public libraries or other libraries with parenting collections will want to add this book to their collection. Academic libraries who have substantial collections related to special education, psychology, or human services may also find it useful.

Reviewer

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