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Nota di contenuto	FRONT COVER; Social Skills for Teenagers and Adults with Asperger Syndrome; A Practical Guide to Day-to-Day Life; Contents; Introduction: Asperger Syndrome and the Experiences of Teens and Adults; What is Asperger Syndrome?; Experiences of Teens and Adults with Asperger Syndrome; 1. A Social World; What are social skills?; What are communication skills?; How are social skills and communication skills related?; Steps to increase social competence; 2. Friends and Family; Acquaintances; Family; Friends; Dating; Marriage; Parenting; Strangers; 3. Health and Medical; Nutrition, fitness and sleep Mental healthcare; 4. Living Arrangements; Living at home, supported living, and independent living; Self-care; Home care; Budgeting and financial management; 5. Education, Training, and Employment; Career and vocational assessment; College, technical institutes and apprenticeships; Finding employment; Keeping a job; 6. Adaptive Tools; Assistive technology; Direct instruction; Effective

listening; Eye gaze; Fix-up strategies; Lists; Note-taking; Role-playing; Scripts; Self-assessment; Self-determination; Self-disclosure; MY JOURNAL; GLOSSARY; REFERENCES; SUBJECT INDEX; AUTHOR INDEX

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**Sommario/riassunto**

This resource provides practical strategies for helping teenagers and adults with Asperger Syndrome to navigate social skills, friendships and relationships at home and in the community. The chapters are structured around real-life scenarios and the challenges they present, followed by step-by-step solutions and suggestions.

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