



ETAPA 4 18 - 30 AÑOS

Adulthood and Autism

Autodetermination · Independent Life · Guide for the autistic person, their family and environment

TRANSICIÓN VIDA DIARIA RELACIONES DERECHOS LEGALES **AUTOGESTIÓN**

Transition to Higher Education and Work

Adaptations that make the difference

In Higher Education

Frequent Challenges

- Large classes, changing schedules, multiple teachers
- Adaptation and integration by transfers from family or city

Possible Adaptations

- Recording of classes or written material in advance
- Extended time in evaluations
- Alternative room for tests
- Maintain medical condition in network of the Navy
- Direct contact by mail with teachers

In Work

Frequent Challenges

- Offices in common spaces
- Verbal instructions that are ambiguous or changing
- Long meetings without clear agenda
- Social interactions that are informally obligatory

Possible Adaptations

- Fixed position without rotation, away from transit and noise
- Instructions by email
- Clear and direct communication
- Fixed source in relation

Available Key Adaptations:

- 🎧 Cancelable headphones
- 📄 Written instructions
- 🕒 Extended time
- 🏠 Partial telework
- 📅 Anticipated agenda
- 🛋️ Sensory rest space

💡 Asking for adaptations is not asking for privileges — it is asking for conditions to perform equally as others.

Life Skills

Autonomy step by step

Money Management

- App for visual budget (Fintual, YNAB)
- Divide income into categories
- Automate payments
- Simple rule: needs / savings / shopping
- List of purchases before going to the supermarket
- Avoid financial decisions under stress

Public Transport

- Plan route with anticipation (Google Maps)
- Practice the route without a car
- Headphones and book/podcast for the trip
- Identify visual reference points
- Always have the card
- App for transport with real time

Forms and Bureaucracy

- List of necessary documents
- Prefer online forms
- Bring written summary of what you need
- Go during off-peak hours
- Ask for written information
- Go with someone the first time

💡 Divide each task into small steps and written notes to avoid executive block — it is not lack of capacity.

Relationships in Adulthood

Consentment · Dates · Friendship

Consentment — clear and explicit language

Consentment must be **verbal, clear and in the moment**. If you have doubts, the answer is not until you confirm it. It is good to ask for direct confirmation: "Are you comfortable with this?" It is not rare to ask respectfully.

Dates and Romantic Relationships

Implicit signals can be difficult to read — **ask for clarity directly**. Using dating apps with a profile that is honest about autism can be an advantage. Having a "communication guide" to share with your partner helps to reduce misunderstandings.

Adult Friendships — quality over quantity

One or two deep and reliable friendships are more sustainable than a wide social network. **Groups based on common interests** (clubs, online communities, volunteer groups) are the best spaces to connect authentically.

✅ Being direct in relationships is not a social flaw — it is a strength. Honesty builds healthier connections.

Legal Rights

Chile — current laws

Ley / Marco	¿Qué garantiza?	¿Cómo usarla?
Ley 21.545 (2023) Ley TEA Chile	Diagnóstico oportuno, atención integral y no discriminación de personas autistas en todos los ámbitos	Exigir atención en salud, educación y trabajo. Citar la ley ante cualquier negativa injustificada
Ley 20.422 Inclusión y Discapacidad	Igualdad de oportunidades, accesibilidad y no discriminación en espacios públicos y privados	Solicitar adaptaciones razonables en universidades y empresas. Denunciar ante SENADIS
Ley 21.015 Inclusión Laboral	Empresas con 100+ trabajadores deben contratar al menos 1% de personas con discapacidad	Postular con la Credencial de Discapacidad (COMPIN/SENADIS) para acceder a cupos de inclusión
Código del Trabajo Art. 2 — No discriminación	Prohíbe discriminar en la contratación o condiciones de trabajo por discapacidad o condición de salud	Denunciar ante la Inspección del Trabajo si se rechaza o despide por motivo de discapacidad
Convenio ONU CDPD (ratificado 2008)	Autonomía, vida independiente, participación plena e igualdad de las personas con discapacidad	Marco para exigir ajustes razonables a nivel nacional e internacional

💡 SENADIS (Servicio Nacional de la Discapacidad) es el organismo clave en Chile — ofrece orientación, acreditación y derivación gratuita.

Self-Management — Requesting Accommodations without Fear

Your guide step by step

1. Identify what you need exactly

Before the conversation, write: **what situation gives me difficulty? what adaptation would solve it?** Be specific/a facilitates much the positive answer.

- 🎧 Headphones in meetings
- 📄 Written instructions
- 🕒 More time in evaluations
- 🚫 Quiet place
- 📅 Anticipated agenda

2. Choose the moment and the channel

An email or written message is usually more effective than an improvised conversation. Give time to the other to respond calmly. Choose a moment without time pressure.

"Hola [nombre], me gustaría hablar sobre algunas adaptaciones que me ayudarían a trabajar/estudiar mejor. ¿Podemos coordinar una reunión breve esta semana?"

3. Present the request — do not apologize

It is not necessary to give a complete medical explanation. It is enough to be clear about the need and the expected result. Sharing the diagnosis is optional and personal.

"Proceso mejor la información cuando la recibo por escrito. ¿Sería posible que las instrucciones lleguen por correo además de verbalmente? Eso me ayudaría a rendir mejor."

4. If the answer is negative — know the next steps

Having a negative answer in writing is key for any future management. In universities: office of inclusion or academic direction. In work: Department of Personnel or Inspection of Work.

⚠️ Do not reveal your diagnosis to request adaptations — you can describe it as "a need for accessibility" and that is sufficient.

Prevention of Autistic Burnout

Critical signs · Minimum maintenance

🚩 Signs of Autistic Burnout

- 🚩 Temporary loss of skills that you used to dominate
- 🚩 Inability to talk or process verbal language
- 🚩 Sensory overload with normal stimuli
- 🚩 Total social withdrawal, impossibility of going out
- 🚩 Exhaustion that does not improve with sleep
- 🚩 Thought loops that cannot be stopped

✅ Minimalist Maintenance

- ✓ "Low consumption" protocols: one task per day
- ✓ Safe physical space without unnecessary stimuli
- ✓ Free stimming without judgment: regulation, no regression
- ✓ Silence or headphones when needed, without explanation
- ✓ Mandatory rest without guilt as part of the weekly plan
- ✓ Reduce social load to the minimum viable during recovery

🔴 Autistic burnout is not weakness or laziness — it is the result of years of overexertion in an adaptive way. Recovery requires real time, not just "rest on weekends".

For the Autistic Person, their Family and Environment

Adulthood does not come alone — and it does not come all at once. **Autism is a spectrum, not a destination**. Some autistic people will live completely autonomously; others will need punctual or permanent supports — and that is equally valid. The objective is not "to seem like an adult neurotypical": it is to build a life that has meaning for that person, with the supports that are needed for them to flourish.

Before the challenges of labor insertion, the continuity of studies or the management of the medical institutional, the **Direction of Social Wellbeing** remains active to accompany the future of the families. Use the **Guides for Orientation for the Teacher (GOOD)** and coordinate with the **Offices of Disability and Neurodivergence (ODN)** — download the official material in [Asistencia Social de la Dirección de Bienestar](#).

📞 [Activate support and social assistance networks in your zone](#)

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