Hello friends from the Bay Area and beyond,

Mark your calendars for our annual conference, **Into the Future: An Adult Autism/DD Planning Workshop**, December 3 at the beautiful LKS Center at Stanford University! The event features 30 speakers addressing long-term planning issue such as financial planning, estate planning, conservatorships, IPPs, transition planning, housing, day programs, employment, person-centered planning, self-determination, technology, and more. Details will be on the [webpage](#) soon and registration will open later this month, so keep your eyes open for an announcement in email, Facebook (be sure to [Like our page](#)), and our [website](#). The conference is expected to sell out, so procrastination is not recommended!

Our conference simply would not happen without [sponsorships](#), which keep ticket prices low and support our outreach, including livestream, translation,
videotaping, and archiving. Among other benefits, all sponsors who donate by October 1 are invited to our coveted and superfun **Donor Appreciation Party** Saturday, October 22 in Menlo Park. Email us to learn more.

Another way to support SFASA is by shopping for this **stylish, artisan-made autism awareness baseball tee** (modeled by SFASA fans Connor and LaDonna). A portion of all sales benefits SFASA, through December 31, 2016.

In this newsletter you'll see some eloquent samplings from our blog. If you would like to share your story, or otherwise volunteer to support our work building a stronger Bay Area autism community, please email us info@sfautismsociety.org.

My best,

jill.escher@gmail.com

PS: Thanks to Morgan Autism Center client Chris P. for sharing his artwork for our conference logo.

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**News**

**Fight Autism Housing Discrimination:**

**Email Your Comments by September 29, 2016**

Attention all California autism families! Most regional center adults with autism
receive services funded in part by the federal Home and Community Based Services (HCBS) Medicaid program. Because of federal threats to limit the types of programs HCBS will fund, your adult child's future program and housing funding may be in jeopardy. You can read background on how funding is being threatened on our blog, "The Federal Government's Quiet War Against Adults with Autism."

**California needs an HCBS program that maximizes housing and program options for adults with autism.** Click here [STP@dhcs.ca.gov](mailto:STP@dhcs.ca.gov) to submit a comment on its current plan by September 29, 2016. We've provided a draft email at that link (and below) or create your own. Please add you name and contact information at the bottom.

Dear California Department of Heath Care Services,

As California's population of adults with autism and developmental disabilities continues to soar, it is imperative that all housing and program options not only be preserved, but be radically expanded. California's STP should ensure that every person-centered plan is based on the needs and preferences of the individual and not on a one-size-fits all solution. Available solutions must include:

- Center-based programs addressing the often intensive needs adults with autism
- Group homes of varying sizes and structures to address a broad spectrum of support needs
- Private residences of all sizes and types, including homes, condos, apartments, shared living, and rural options such as farms.
- Residential options that include intentionally autism-friendly and supportive elements, including safety and recreational and space amenities, must be made available, as may be required by individual needs. Just because a property has intentionally disability-friendly amenities does not render it "institutional." Prohibiting autism-friendly housing or subjecting it to "heightened scrutiny" is disability discrimination.

DHCS should also be mindful that it lacks legal authority to require private residential landlords who are not HCBS providers to submit information to DHCS or CMS regarding their tenants, their property or their business operations. All inquiries regarding qualities of one's private residence and whether his or her private home "supports access" to the community must be made at the level of the developmentally disabled individual's person-centered
Your Support on State Bills Is Needed! Today!
by Connie Boyar Frenzel

YOUR SUPPORT NEEDED NOW ON FIVE CRUCIAL BILLS FOR THE AUTISM/DD COMMUNITY awaiting Governor Brown’s approval. Don’t let them get vetoed by Governor Brown. Send an email now: https://govnews.gov.ca.gov/gov39mail/mail.php or fax 916-558-3160

AB1072 Saving the lives of special needs children on school buses. After a 19 year old with autism died after being left alone all day on a school bus, this bill would mandate that buses be equipped with safety alarms to alert the driver to walk through the bus to check for children.

AB1584 would provide for an annual cost of living SSI/SSP raise. Disability payments are already too low especially after the decrease in 2011 to SSI (which pays for basic needs—food and shelter). Enough emails will hopefully persuade the governor not to veto this bill.

SB884 would guarantee needed mental health services for children with IEPs. Some school districts have been removing needed mental health services. This bill would tighten up requirements on school districts to provide appropriate mental health services.

SB909 Save the homes of disabled which are owned by special needs trusts. This bill will make it clear that low income beneficiaries of special needs trusts can benefit from the state’s property tax postponement program in the same way as other low income people. Don’t let property tax obligations force the disabled to have to sell their home immediately.

AB2231 Stop abuse and neglect in nursing homes. Our adult disabled can and do end up in nursing homes. The $150 fine for extreme neglect or abuse
has not been raised for the past 30 years. This bill would increase the fine to a meaningful amount to act as a deterrent.

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**Commentary from Our Blog**

**Why Can't We All Get Along?**

"I'm autism."  
"No, I'm autism."

*by Stephen Prutsman*  
"Autism infighting is unnecessary, we are wasting our precious time skirmishing over a fluctuating lexicon. So until the day our vocabulary catches up with the diverse biological, neurological, and functional realities that lay underneath the A-word, take off the gloves, and give each 'autism' story the respect it deserves."  
(Read the blog [here](#))

**An Autism Mom Ages Out: A Vintage Autism Mom Worries About the Future**

*One of the Bay Area's first autism moms speaks out.*  
*by Sue Swezey*  
"...If you could visualize a pyramid showing the number of ASD diagnoses today, its broad base would represent the masses of young children with autism, with teens and young adults in the middle and John and his peers near..."
the peak, almost all alone.... Here we are, John and I, reluctant scouts at the head of a growing mob close on our heels. I don't remember volunteering for this role, but by virtue of age we are pathfinders, forced to create a future for ourselves and for John alone after I'm gone. The current system provides no rest stops along the way...." (Read the blog [here](#))

*From the web*

**Education, Not Exploitation: In defense of vocational programs for students with severe I/DD**

*by Amy Lutz, Psychology Today*  "...We need to teach our children that all work is valuable and respectable, from trash collection to brain surgery. I’m proud of how much Jonah has learned, and I will never stop searching for ways he can contribute to his community – and if our choices aren’t the ones Anderson would make, that’s fine... We must fight to expand educational, housing, and employment options instead of imposing a one-size-fits all solution on such a diverse population...." (Read the column [here](#))

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**Participate in Local Autism Research:**

**Featured Studies of the Month**

**AT STANFORD: PREGNENOLONE TRIAL**

Drs Lawrence Fung and Antonio Hardan are recruiting subjects for a trial of Pregnenolone, a supplement available over the counter that may reduce irritability in autism. Participants in this trial must:
• Be diagnosed with an Autism Spectrum Disorder
• Be between the ages of 14 and 21 years
• Be willing to take Pregnenolone (it's a supplement available over the counter) for at least 14 weeks and provide blood samples
• Be willing to participate in behavioral and cognitive testing
• Have no serious medical problems

Call 650-723-7547 or azaleal@stanford.edu to learn more!

AT UCSF: BIOMARKERS and BRAIN IMAGING

Dr. Elliott Sherr’s lab at UCSF is currently recruiting subjects for two studies:

BIOMARKERS: Recruiting children ages 1-5 who have been diagnosed with ASD, children who are considered at-risk for ASD (either a younger sibling of a child with ASD or a toddler suspected of developmental delay), and healthy, typically developing volunteers to serve as control participants. The study looks at biochemical changes in the blood. Participants visit UCSF for a blood draw, cognitive testing, and neuropsychological surveys. The study offers compensation.

BRAIN IMAGING: The lab is also looking for children with and without ASD ages 6-18 to participate in a research study on brain imaging. To participate, your ASD child must have a head in the 90th percentile and above, or 10th percentile and below. Participation includes a blood draw, cognitive testing, surveys, and a one hour brain scan in an MRI machine. The study offers compensation. Learn more: https://brain.ucsf.edu/research-studies Research coordinator: Talia.Berson@ucsf.edu

MORE INFO ABOUT LOCAL AUTISM RESEARCH
OPPORTUNITIES COMING SOON!

A collaboration between the Bay Area Autism Consortium and Autism Society San Francisco Bay Area to inspire families to participate in our region’s autism research.

September Event Calendar (see full calendar here)

**Monday, September 12: Person Centered Thinking and Planning Training**

**Time:** 12:30 - 5pm  
**Where:** Sobrato Center, 1400 Parkmoor Ave., San Jose, CA 95126, PHP Room 3  
**What:** This is three half-days (September 12, 19, and October 3 from 12:30 pm-5:00 pm) of learning and practicing how to use a variety of tools to discover information to support someone to have a better life.  

More info and registration: my.php.com/event/person-centered-thinking-and-planning-training

**Tuesday, September 13: Special Needs Jump Sessions every Tuesday**

**Time:** 3 - 6pm  
**Where:** Santa Clara Sky High Sports, 2880 Mead Ave, Santa Clara, CA 95051  
**What:** Tuesdays from 3 - 6pm, the lights are turned down, the music is off and distractions are dialed down. Kids with all kinds of special needs are welcome. Special jumpers are $5 for three hours with one parent or therapist free. Families and neuro-typical siblings enjoy the atmosphere of understanding and camaraderie. Everyone in the family is just $5. Any jumper under the age of 18 needs an online waiver signed by a parent. (Grandparents and therapists can't sign.)

**Tuesday, September 13: "Beyond Rain Man" - Discussions and Book Signings With The Author**

**What:** Anne K. Ross (Local Author, Autism Mom & School Psychologist) discusses her new book "Beyond Rain Man", various dates, locations and topics.  

**Sept events:** September 13: Back-to-School Discussion about Kids with Autism at Moe's Books–Berkeley  
September 14: Reading, Q & A, and book signing, San Francisco Main Library  

More events and details: www.beyondrainman.com/events.htm

**Tuesday, September 13: AMC Sensory Friendly Films: Sully**

**Time:** 7pm, various locations  
Wednesday, September 14: Special Needs Trusts & the ABLE Act Free Workshop

**Time:** 6:30pm - 8:30pm  
**Where:** California Community Opportunities, 3315 Almaden Expressway, Suite 20, San Jose, California 95118  
**What:** Join this interactive presentation by tax and estate planning attorney Lorna J. Drope on critical estate planning strategies for loved ones with special needs, including special needs trusts and the ABLE Act.

Register Here: https://s07.123signup.com/servlet/SignUpMember?PG=1533479182300&P=153347900

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Wednesday, September 14: Emotion Regulation Workshop For Parents - Free

**Time:** 7 - 8:30pm (5-1.5 hour evening workshops)  
**Where:** Stanford University, Palo Alto, CA  
**What:** The Regulative Parenting Team at Stanford University is opening up new workshops on emotion regulation for parents of children with autism between the ages of 3-18 years old.

More Info and Registration: regulativeparenting@gmail.com

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Friday, September 16: Emotion Regulation Workshop For Parents - Free

**Time:** 10 - 11:30am (5-1.5 hour morning workshops)  
**Where:** Stanford University, Palo Alto, CA  
**What:** The Regulative Parenting Team at Stanford University is opening up new workshops on emotion regulation for parents of children with autism between the ages of 3-18 years old.

More Info and Registration: regulativeparenting@gmail.com

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Saturday, September 17: Autism Speaks Safety Fair

**Time:** 10am - 12pm  
**Where:** Sobrato Center Back Parking Lot, 1400 Parkmoor Ste 100, San Jose, CA 95126  
**Enter from Race Street; the area will be marked off for the event. Parking is available in the same lot.**  
**What:** Meet your Local First Responders and Service Providers. Safety Tool Kits and Resources available for all participants. Community Partners: Parents Helping Parents and San Andreas Regional Center.

RSVP: events.autismspeaks.org/bayareasafetyfair

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Saturday, September 17: East Bay Parents Housing Network Meeting

**Time:** 10am - 12:30pm  
**Place:** Fremont/Union City area  
**What:** Parents will meet to exchange experiences and resources as well as plan future meetings for the fall.

For more info and location, email Irene at ilnjplan@inbox.com

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Monday, September 19: Parent Coffee - Parents of Adult Children

**Time:** 11am - 12:30pm  
**Place:** Sobrato Center, 1400 Parkmoor Ste 100, San Jose, CA 95126  
**What:** This group is for parents of children with continued resource, support and information needs for their adult child who has a developmental disability. Please come to share, learn and support each other.

Monday, September 19: Affordable Housing 101
Time: 6 - 8pm
Place: Rinconada Library, Embarcadero Room - 1213 Newell Rd, Palo Alto, CA 94303
What: Learn about affordable housing for people with developmental disabilities. We will discuss the availability of affordable housing, supportive services, how to apply, how to qualify, what to expect throughout the application process, realistic timelines, and more. Presented by Housing Choices, a nonprofit organization that creates housing opportunities for people with developmental disabilities.
Register: www.eventbrite.com/e/affordable-housing-101-tickets-27492273129

Wednesday, September 21: The ABLE Act - Free In-Office Workshop
Time: 6:30pm - 8pm
Place: 127 Aspen Dr. Suite 100 Pacheco, CA 94553
What: This free presentation will discuss the ABLE Act legislation in California and how it can be used to help people with disabilities have more financial options and more control over their lives. Through case study illustrations, participants will learn exactly what is involved with an ABLE account and walk away with an in depth knowledge that will help them determine whether it is the right tool for their needs.
Register: Contact shelley@dalelawfirm.com or 925-826-5585

Wednesday, September 21: Puberty for Students with Challenges
Time: 7 - 9pm
Place: Santa Rita Elementary, 700 Los Altos Avenue, Los Altos
What: Dr Jacob Towery will be discussing adolescents with challenges entering puberty, issues parents should be aware of, and common psychiatric medications and their effects on teenagers. There will be ample time for questions and answers.
A SELPA1CAC Coffee Talk.
--------------------------------------------------------
La Pubertad para estudiantes con desafíos, SELPA1CAC Platica y café
Dr. Jacob Towery va a hablar acerca de retos de los adolescentes entrando a la pubertad, cuestiones que padres deben conocer, y medicamentos psiquiátricos comunes y los efectos en adolescentes . Habrá tiempo amplio para preguntas y respuestas.

Thursdays, Sept 22 - Nov 17: Mindfulness Skills for Parents
Time: 7-9pm
Place: The Stanford Psychiatry Building (Rm 2209), 401 Quarry Rd., Stanford CA 94305
What: This education program offers instruction in mindfulness practices including meditation and its application for reducing stress and improving self-esteem and quality of life, addressing specific challenges of parenting a child/adolescent/adult with an ASD or ADHD.
Questions? Email: earchiba@stanford.edu or 650-721-6327
Register: https://app.certain.com/profile/web/index.cfm?PKWebId=0x8733934a65

Saturday, September 24: CineLux Sensory Friendly Matinees: Storks
Time: 10am
Where: CineLux Scotts Valley and CineLux Tennant Station Morgan Hill
More Info: cineluxtheatres.com/sensory-friendly
Saturday, September 24: AMC Sensory Friendly Films: Storks
Time: 10am, various locations

Saturday, September 24: 6th Annual Going to College with a Disability Conference
Time: 8:30am to 3:00pm
Place: Orinda Community Center, 28 Orinda Way, Orinda, CA 94563
What: This conference is for parents and students with disabilities ages 14 and older to learn about the array of resources and supports available in a college environment. The focus this year is attending a 2-year or 4-year college. Translation in many languages available upon request.
More Info: www.facebook.com/events/567116306825159/

Tuesday, September 27: AMC Sensory Friendly Films: The Magnificent Seven
Time: 7pm, various locations

Thursday, September 29: The 20th Annual Golden Gate Self-Advocacy Conference
Time: 9:30am - 3:00pm
Place: Milton Marks Conference Center, 455 Golden Gate Ave, San Francisco, CA 94102
What: A self-advocacy learning event for people with developmental disabilities, family members, social workers, service providers & other advocates. This year’s conference includes: Keynote speaker Stephen Hinkle, Break-out Sessions, James Latin Memorial Award, Open Mic Session, Entertainment and Resources. Registration still only $6.00 Please bring a bag lunch!!
Registration (by 9/20/16, please): my.php.com/sites/default/files/2016_sacflyer.pdf or Download Flyer Here

Saturday, October 1: Making Sense of the IEP - Free
Time: 10 - 11:00am
Where: Sobrato Foundation, Bay Room, 330 Twin Dolphin Drive, Redwood City, CA 94065
What: Opening Doors PTA put together a parent-to-parent review of the bare essentials families should know before their next IEP meeting.
Registration: https://www.eventbrite.com/e/making-sense-of-the-iep-tickets-27511773455

Saturday, October 1: Big Wave's 10th Annual Harvest Festival
Time: 11:00am - 3:00pm
Where: Big Wave property in Princeton-by-the-Sea; 335 Airport St, Half Moon Bay, CA 94019
What: The Big Wave Project, community living for adults with developmental disabilities, hosts its 10th annual Harvest Festival with BBQ * pumpkin decorating * flower arranging * water balloon toss * pie-eating contest * an old-fashioned cake walk * raffle and silent
Tuesday, October 4: Autism Speaks Transition Town Hall
Time: 6:30pm - Local Service Providers Resource Fair
7pm - 8:30pm - Moderator and Panel Discussion
Where: Oshman Family JCC, 3921 Fabian Way, Palo Alto, CA 94303
What: The Transition Town Hall will bring together young adults and adults with autism, families, service providers in a positive and collaborative atmosphere. It will focus on the transition planning for young adults on the autism spectrum from adolescence into adulthood.
More info: www.autismspeaks.org/community-outreach or msullivan@autismspeaks.org

Saturday, October 8: Neurodiversity Leaders 2016: Adult Autism Advances
Time: 9:00am - 4:00pm (registration begins at 8:15am)
Where: San Francisco State University, Seven Hills Conference Center, 800 Font Blvd, SF, CA 94132
What: AASCEND.org conference at SF State
Registration and More Info: www.eventbrite.com/e/neurodiversity-leaders-2016-tickets-26742694118?nomo=1

Saturday, October 22: SFASA Donor Appreciation Party!
5:30pm in Menlo Park. A special gathering and dinner to thank our conference sponsors and major donors. Without you we would not have a conference! For information or to learn about sponsorship levels and benefits, please contact us at info@sfautismsociety.org.

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info@sfautismsociety.org
650-637-7772

Autism Society San Francisco Bay Area is a volunteer-run, grass-roots organization of parents, family members, friends and professionals concerned about the well-being of local autism families, with an emphasis on expanding the limited lifespan care options for the dramatically increasing numbers of adults with autism.