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## Years of Independent Living

- Which of the following do you feel would help you to deal with stress/anxiety?
- Help from family, friends or other support groups  
Engaging in mindful or relaxing activities  
Physical activity  
Following a routine  
Feeling more confident  
Greater support from professionals (educators, therapists, trainers, etc.)
- How often do you interact with others (in person)?
- Once a week  
Two-three times per week  
Four-five times per week  
Every day
- How often do you interact with others (in person)? I would never feel lonely.  
I would almost never feel lonely  
I would feel lonely some of the time  
I would feel lonely most of the time  
I would almost always feel lonely
- Which of the following would help you to feel less isolated/alone?  
Training on social skills and interactions  
Greater motivation to socialise  
Greater empathy and social awareness  
Greater self-confidence
- Do you ever experience sensory overload at home or during other activities in your daily life?
- I never experience sensory overload  
I experience sensory overload once or twice a week  
I experience sensory overload three or four times a week  
I mostly experience sensory overload once every day  
I mostly experience sensory overload multiple times every day
- If you answered that you experience sensory overload in the last question, would it be improved by being able to control the following? (Tick all that apply)  
Brightness  
Loud noises  
Bad smells  
Texture of objects around your living space  
Being away from other people  
Nothing
- Do you find it challenging to navigate essential public services (healthcare, bank and financial services, insurance, etc.)?  
I find it easy to access these services and they don't make me feel stressed  
Sometimes I find it difficult to use these services and they make me feel a little stressed  
I find it very difficult to use these services and they make me feel very stressed
- Which of the following scenarios do you find difficult to deal with when you experience a health issue? (tick all that apply)  
Visiting medical practices/hospitals  
Coping with the health issue  
Interacting with a health professional  
None
- Do you feel that managing everyday home activities alone (such as cleaning, eating healthily, going to the supermarket, etc.) is/would be difficult or stressful?  
I do not find this difficult or stressful at all  
I find this a little difficult and/or stressful  
I would find this very difficult and/or stressful
- Please indicate how useful the support from educators, therapists, and other support professionals is to your overall well-being?  
This support has no effect on my well-being  
This has a minor effect on my well-being  
This has a great effect on my well-being  
This is essential to my well-being
- Do you feel you would benefit from greater support from educators, therapists or other specialists in order to live independently? Not at all  
Somewhat  
Greatly

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- Do you feel that a greater awareness and understanding of autism would help these professionals to provide more effective support?  
NoSomewhatYes
- Which of the following areas of independent living do you feel you struggle/would struggle with?Managing social life and interactionsManaging financesManaging mental health (stress, anxiety, etc.)Managing daily life activities (cooking healthily, cleaning, household chores, etc.)Sensory overloadOrganisationNavigating services (healthcare system, financial services, etc.)
- Which of the following would help you to feel more supported when living independently?Support/training in managing every day home activities (cooking healthily, cleaning, household chores, etc.)Support/training in managing stress, anxiety and mental healthSupport/training in navigating complex services (healthcare system, financial services, etc.)Support/training in understanding sensory issues/overload and how to manage themSupport/training in managing financesSupport/training in social interactions and social skillsOrganisational skills trainingImproving the abilities of educators/trainers to train autistic people in the above fields



## Project Partners



Co-funded by the  
Erasmus+ Programme  
of the European Union