Living with Asperger Syndrome Series of 3 videos with Gary and Doreen at Community Networks of Specialized Care – Eastern Region (Solutions Network)

Video 3 - Relationships: Gary and his mentor discuss interactions around self-awareness, self-management.

Noteworthy: Gary is a 44 year old young man working with his volunteer mentor of 8 years to now stabilize his life, figure out his next steps to thrive and live independently. His goals are to raise self-awareness, improve self-management, master daily social-emotional interaction, explore higher education to nurture natural talents, live downtown with access to schools, gyms, markets for sketching; connect with motivated and dynamic people to build a trusted support and social network with meaningful, trusting and lasting relationships.

1. Gary shares his relationship experiences and challenges as a child, a teen, a young adult until age 34 (still unaware he is living with Asperger Syndrome) prior to meeting Doreen in 2004.

2. From 2004 to 2010, with 24/7 mentoring available, Gary and Doreen discuss the impact of mentoring on his self-awareness, self-management and relationships.

3. Since 2010 when Gary discovered he was living with the symptoms of Asperger Syndrome, what was his perspective? How is he adjusting? What actions are he and his mentor taking?

4. Key challenges of self-managing daily interactions and relationships with his supporters - his mentor, service providers, case workers, teachers, managers, landlord/superintendants, etc.?

5. Key challenges of self-managing daily interactions with his social network - family, friends, school mates, work colleagues, other tenants, acquaintances, strangers, etc.?


7. Questions and comments.

Prepared by Doreen Kahale to accompany Video 3 on Thursday, April 4th, 2012