



## Is IGNITE right for you?

### Facts to Know About IGNITE

**IGNITE is a community center for young adults with high-functioning autism or Asperger's Syndrome transitioning into adulthood. IGNITE is a place where members can feel comfortable to share ideas, practice skills and be themselves.**

#### **Expectations:**

- IGNITE expects members to want to be here, not come just because their parents insist. Individuals are unlikely to learn anything if they don't want to be here.
- A person with HF autism or Asperger's Syndrome must apply and be accepted as a member before he/she can attend.
- IGNITE wants all of its members to become as independent as they can.
- Members are expected to be able to function in the community independently.
- IGNITE is a judgment-free zone.
- IGNITE believes members should have a say in their own lives.
- Members are expected to be respectful of others.
- Once someone is accepted to IGNITE, he/she should commit to attending regularly. (If a member is away at school, it is OK if they only come when home visiting.) This commitment may mean coming to groups or workshops he/she needs, rather than just the ones he/she thinks will be fun.
- IGNITE staff realizes that new environments and people can be difficult to deal with the first couple of times. We will try to help you through the transition to IGNITE, and we encourage you to attend a variety of activities as soon as you become a member. This will help you get comfortable faster and help identify activities and groups that you would like to continue attending.

#### **Learning:**

- IGNITE will help members recognize and appreciate their own strengths and interests.
- IGNITE supports each member to pursue their own path in life.
- Members work toward success in skills common to the group such as social and thinking skills, coping with anxiety, and self-confidence.

- Members work toward their own personal goals, such as getting a job, going back to college, or deciding on a career path.
- Members work on learning independent living skills, such as healthy cooking, exercise, and caring for a living space.
- Members are encouraged to share their knowledge and experiences with other members.
- Members can choose which learning activities will be important for them.
- IGNITE staff will support members in becoming self-sufficient and responsible adults.
- IGNITE staff tries to make all learning activities fun.

#### **Fun:**

- IGNITE is a social environment where members can make friends and experience a sense of community.
- Members are encouraged to share interests with others and be involved in choosing activities.
- Activities might take place in IGNITE's space (like cooking or game night) or out in the community (dinner at a restaurant, movies, sports, etc.).
- Members are also encouraged to get together for activities on their own.

#### **Basic Guidelines:**

- Members are expected to monitor their email and be able to manage the IGNITE schedule on their own. Staff will be happy to help new members set up email accounts, learn to check for notices, and look up the schedule. We ask that parents (guardians) encourage these practices at home.
- Important notices will be posted on IGNITE's Facebook group (which is private to members) and our website, and may be emailed as well. Notices will include closings due to weather or other circumstances.
- Transportation to and from IGNITE is not provided. For some community activities, however, we may offer rides if we have available spaces in staff vehicles.
- Because our members are adults, we will need their written permission to speak with family members or other parties about their experiences at IGNITE. Members can refuse to give permission if they choose (unless they have a legally appointed guardian), and staff will honor their privacy.

**For more information, please email us at [ignite\\_greensboro@autismsociety-nc.org](mailto:ignite_greensboro@autismsociety-nc.org).**