



Autism Support, Education & Resources

Expectations for Adult Programs

Spectrum's Adult Programs are designed to provide a welcoming and supportive environment where participants can build meaningful friendships, develop communication and social skills, gain confidence, and connect with others in a positive and inclusive community. To help ensure every participant feels safe, respected, and valued, we ask everyone to follow the expectations below. These expectations help create an enjoyable experience where everyone has the opportunity to learn, grow, and build lasting relationships.

1. Participants will check in and out at each program with staff facilitators onsite. Please note that all members must check in prior to engaging in any activities.
2. Participants will wear name badges if they are provided at the program.
3. Participants will ensure pick-up and exit by the scheduled program time.
4. Participants will be kind and respectful to one another. Some people enjoy hugs, while others prefer a wave, fist bump, or simply saying hello. Participants should always ask before giving a hug or other physical greeting and respect each person's choice.
5. Participants will voice their opinions, comments or concerns privately to a staff facilitator at an appropriate time.
6. Participants will bring refreshments to share or money for activities as needed.
7. Participants will be willing to try new things for the benefit of the group.
8. Participants will limit cell phone and other device use during programs unless needed for an emergency or to exchange phone numbers or contact information with other participants. During Saturday Social Club, participants are welcome to use their phones and devices throughout the evening. For all other adult programs, participants should be mindful of device use so they can remain engaged in the group and activities.
9. Participants will not use foul or inappropriate language.
10. Participants will not consume alcohol during group programs.
11. Participants will not engage in self-injurious, destructive, threatening, or physically aggressive behavior.
12. Participants will understand that failure to follow these guidelines may result in being asked not to attend future programs if it is determined to be in the best interest of the group.