

Even though there are about 10 million Chinese autistic individuals, little is known about autistic adults in China. This study examined how well young autistic adults in China fit into their communities (such as having a job, living independently, and having friends) and how satisfied they are with their lives, as reported by their caregivers. These individuals were compared to autistic adults with similar characteristics (such as high support needs) from the Netherlands. The study included 99 autistic adults in China and 109 in the Netherlands (ages 18–30). In both countries, autistic adults were reported to have a hard time fitting into their communities. They often had no work, did not live on their own, and had few close friends. Additionally, in both countries, caregivers reported that autistic adults felt low satisfaction with their life. Chinese adults were less satisfied with their life than Dutch adults, as indicated by their caregivers. This could be due to a lack of support for autistic adults in China, higher parental stress among Chinese caregivers, or general cross-country differences in happiness. In the Dutch group, younger adults compared to older adults fit better into their communities, and adults without additional psychiatric conditions were reported to have higher life satisfaction. Country was a significant predictor of independent living, with Dutch participants more likely to live in care facilities than Chinese participants. In conclusion, the study shows that autistic adults with high support needs generally face similar challenges in both China and the Netherlands.