At 18 there could still be a number of things your son might benefit from depending on his individual situation and any challenges he may have:

1. Evaluation for testosterone replacement therapy or if on it already, is it providing benefits and are the levels adequate?

2. Exec decision making training/support - online programs, reading, exercises, counseling

3. Counseling around any issues - depression, identity, socialization, decision making, etc

4. Educational or vocational counseling - might benefit from counselors in either of these areas, depending on his interests and goals

5. Definitely a healthy exercise-nutrition-sleeping program with daily plans. Can't emphasize this enough. This is really important, especially with likely health issues later on.

6. Financial management training along with exposure to independent living experience and responsibilities

7. General health evaluation/testing to review multiple systems.....cholesterol, glucose, bone density, etc.

I think there are a several research articles in the Files section that outline general health management if you need more ammunition for your doc's. And you may already be doing all of these things so please forgive my lack of awareness of your specific situation.

The other recommendation is to keep a very close watch on his peer relationships and general habits. His maturity level (decision making) may be significantly less than you would expect from his chronological age. It is really important to stay aware of this and you may need to adapt your actions, supervision and support. He may be closer to a 12-13 year old level when it comes to some things, or he may be very inconsistent when it comes to positive decision making. And he may have difficult applying lessons learned about social behavior in one setting to another. In any case, do not just turn him loose and expect him to figure out things on his own. That can be a recipe for disaster.