Lunch and Learn with VCU-ACE
Beyond Academics: Teaching and Prompting Choice-Making and Problem-Solving at Home

Staci Carr, PhD
VCU-ACE
Housekeeping

• For educational and quality control, we will be recording this zoom session.
• By participating, you are consenting to being recorded.
• Before this session is shared, we will edit to remove identifying information to protect your privacy.
• The Q&A section will be removed and only be shared as an anonymous transcript
• To ask a question, please type it in the chat box
Getting to know you
Promoting Independence
Choices & decisions can be overwhelming & anxiety-provoking for some youth with ASD.
Choice-Making
Choice-Making ...

- May reduce or prevent problem behaviors
- Offers independence
- Increases motivation
- Can prevent learned helplessness
- Increases attention to task
How?

• Between Activities *(set table or clean up from dinner)*
• Within Activities *(dressing, eating, leisure activity)*
• Refusal *(Go for a walk or Not, Play a game with me or dad)*
• Where *(vacuum your room or vacuum the living room)*

• When *(before or after)*

• When to STOP something *(let me know when you need to stop and take a break, or if you don’t like something)*

Adapted from Bambar & Koger
“NO” is an acceptable choice
Problem-Solving…

Something is wrong.

Adult fixes it.

Life goes on. (eventually)
<table>
<thead>
<tr>
<th>Level</th>
<th>Issue</th>
<th>Expected Reaction</th>
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<tbody>
<tr>
<td>5</td>
<td>Disaster</td>
<td>AAAAAAAAAAAAAAAAAAAAAAAAAA!</td>
</tr>
<tr>
<td>4</td>
<td>Major Problem</td>
<td>WAAAAAAAH!</td>
</tr>
<tr>
<td>3</td>
<td>Problem</td>
<td>AW! (maybe cry)</td>
</tr>
<tr>
<td>2</td>
<td>Little Problem</td>
<td>Aw. That's annoying</td>
</tr>
<tr>
<td>1</td>
<td>Glitch</td>
<td>huh.(shrug)</td>
</tr>
</tbody>
</table>
Simple steps

1. What’s my problem?
2. Think, think, think of solutions
3. What would happen if?
   Would it be safe?
   Would it be fair?
   How would everyone feel?
4. Give it a try!
Process for older kids

1. Stop and calm down.
2. Tell your problem
3. Assess alternatives
4. Narrow choices to win-win
5. Decide on the best one and DO it!
It is ok to make a bad decision…

As long as you learn from it.
# Upcoming Topics

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>April 30, 2020</td>
<td>Teaching Personal Hygiene at Home</td>
<td>Carol Schall &amp; Lauren Vetere</td>
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For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu