



# Lunch and Learn with VCU-ACE

## Beyond Academics: Teaching and Prompting Choice-Making and Problem-Solving at Home

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# 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)



Expected  Reaction

<b>5</b>	<b>Disaster</b>	AJEEEEEEEEEEEEEE!
<b>4</b>	Major Problem	WAAAAAAH!
<b>3</b>	<b>Problem</b>	AW! (maybe cry)
<b>2</b>	Little Problem	Aw. That's annoying
<b>1</b>	<b>Glitch</b>	huh.(shrug)



# 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.

LiveChat



VIRGINIA DEPARTMENT OF  
EDUCATION

# Upcoming Topics

Date	Topic	Presenter
April 30, 2020	Teaching Personal Hygiene at Home	Carol Schall & Lauren Vetere

# For questions or more information

Please visit:

[www.vcuautismcenter.org](http://www.vcuautismcenter.org)

Or

e-mail: [autismcenter@vcu.edu](mailto:autismcenter@vcu.edu)