

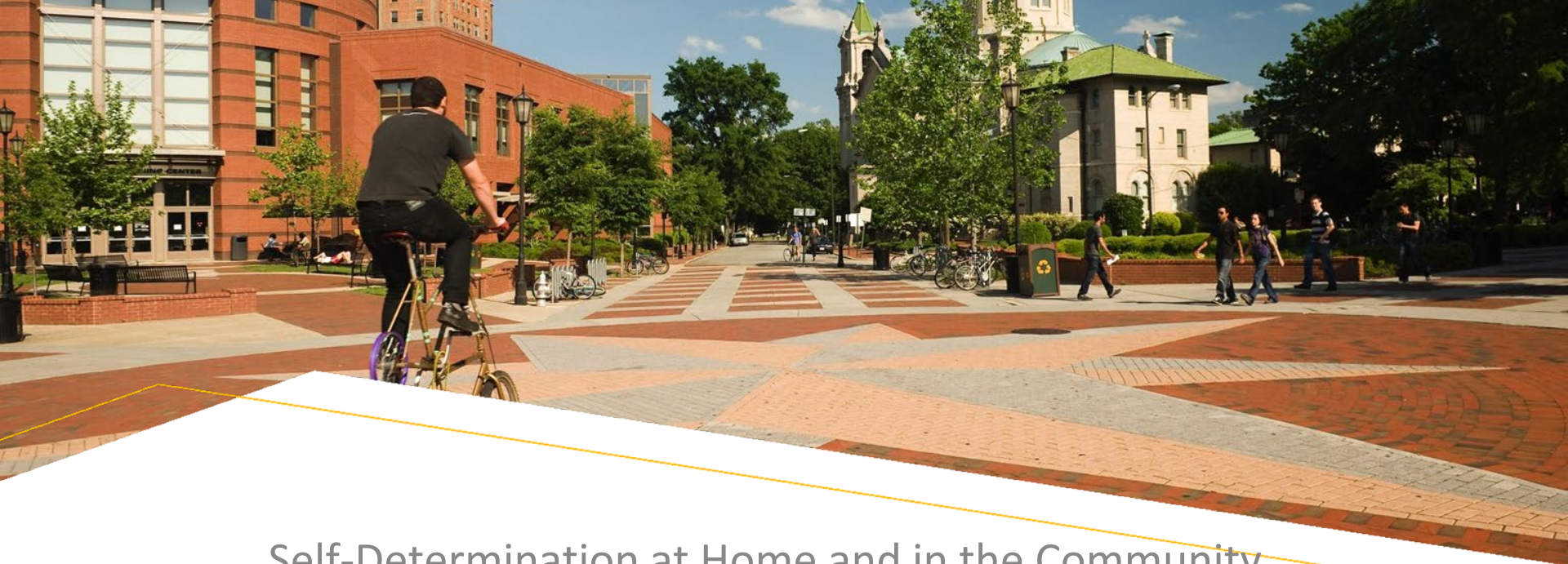
Lunch and Learn with VCU-ACE

www.vcuautismcenter.org



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



Self-Determination at Home and in the Community

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VCU-ACE



VCU

Agenda:

- Importance of Self-Determination
- Components of Self-Determination
- Review of tool/examples
- Ways to use the tools in your home and community
- Discussion/questions/reflection



Why Self-Determination?

- ❖ Students need supports beyond K-12
- ❖ Need to build skills in this area to support independence at home and in community
- ❖ Empower students to believe in themselves, know what they need in their presents and future and help them know the supports the need daily to be successful



Importance of Teaching SD

Students who have self-determination skills have a stronger chance of being successful in making the transition to adulthood, including education, training, employment and independent living outcomes.

(Wehmeyer & Schwartz, 1997)



Components of Self-Determination

CHOICE MAKING The skill of selecting a path forward between two known options Cm	DECISION MAKING The skill of selecting a path forward based on various solutions that have each been thoughtfully considered Dm	PROBLEM SOLVING The skill of finding solutions to difficult or complex issues Ps
GOAL SETTING & ATTAINMENT The ability to develop a goal, plan for implementation, and measure success Gs	SELF-REGULATION The ability to monitor and control one's own behaviors, actions, and skills in various situations Re	SELF-ADVOCACY The skills necessary to speak up and/or defend a cause or a person Ad
INTERNAL LOCUS OF CONTROL The belief that one has control over outcomes that are important to his or her own life Lc	SELF-EFFICACY Belief in one's own ability to succeed in specific situations or accomplish specific tasks Ef	SELF-AWARENESS Basic understanding of one's own strengths, needs, and abilities Aw

Tools



One Pager - Getting started



Name:

Today's Date:

My Strengths

What do I do well in school?
What do I do well at home or in my community?
What do other people say are my strengths?

My Interests

What do I like to do when I'm not in school?
What activities or organizations do I enjoy participating in?
What are my hobbies?

My Preferences

What works for me? What helps me be successful?
Where do I see myself in the future:

- Living?
- Working?
- Doing for fun?

My Needs

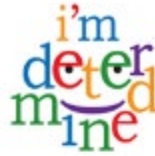
What are the accommodations that help me?
How can others help me?
What are some things that are difficult for me?

One Pager-Work

My Strengths



My Challenges



My Interests



My Needs from Teamates



One Pager-Work

My Strengths

- Good Listener 
- Think outside Of box 
- Funny 

My Preferences

Tell me and I forget.
Teach me and I remember.
Involve me and I learn.
- Benjamin Franklin

My Interests

- Soccer 
- Music 
- My kids 
- Fiends 
- Animals 

My Needs from Teammates

- Write it down 
- Willingness  

i'm determined



One Pager- Community/Home/Work



One-Pager

Name: Brian

Today's Date:

My Strengths

Good in Math

Can remember long series of numbers, birthdates and addresses

Hard worker

My Interests

Computer Programming

PS 4

Call of Duty

TV Crime Shows

My Preferences

Like to work by myself or with one other person I trust

Would like to live in an apartment

Would like to have a girlfriend

My Needs

Need help making friends

Have a hard time starting a conversation

Don't always say appropriate things

Need help working in teams

Need to learn how to ride the city bus

Think Outside of the Box

- ❖ How might you use this tool in the workplace?
- ❖ How might you use this tool to be a part of the activities within your community?
- ❖ How can you use this tool to transition from home to work/community and vice versa?



Benefits

- ❖ Way to introduce oneself to those in the community and /or workplace
- ❖ Two way communication tool
- ❖ Tool to find commonalities among peers, family members and coworkers



Good Day Plan

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?

Good Day Plan - Work










My Good Day at Work Plan

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
 <ul style="list-style-type: none"> Coat in locker Use bathroom Clock-in on time 		 <p>Set timer for 10 minutes before getting out of car</p>	 <p>Dad</p>
 <ul style="list-style-type: none"> Say "hi" to Sandy & Mary on way to station Keep hands to self 			
 <ul style="list-style-type: none"> Only touch glasses and cups Time to work quiet 		 <p>Give cues - time to work quietly. NO verbal cue!!</p>	 <p>Sandy & Mary</p>

Good Day Plan-Work

Timeline

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
<ul style="list-style-type: none">❖ Talk to my friend in the morning ❖ Get a cup of coffee ❖ Look at my to-do list and follow it. ❖ Read before bed 	<ul style="list-style-type: none">❖ Almost daily ❖ Almost daily ❖ Almost daily	<ul style="list-style-type: none">❖ Make sure to call before 8 am ❖ Make sure to get up in time to get ready and have coffee❖ Make my to do list for the week in Sunday and adjust throughout the week as I go❖ Stop working by 9pm. Put the books I want to read by my bedside and go to the bedroom and read before falling asleep.	<ul style="list-style-type: none">❖ Me ❖ Me❖ Me❖ Me

Good Day Plan Home/Work



Good Day Plan

Name: Teresa

Today's Date:

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
Get up early, check email, prioritize my to do list	yes, daily	I need to make sure and have my to do list by my work station.	me
Eat a midmorning snack at 10	Almost daily	Make sure I Have something readily aviable at home or in my purse (Bar, nuts, etc.)	me
Take movemement breaks throughout the day	Not often	Schedule a time in my day to stop working and take a walk, recumbant bike	me
Make time to read for leisure	almost nightly	Place books on bedside table to read before bed	me

Good Day Plan-Community/Home

Line

Good Day

What happens on a Good Day?

- ❖ I wake up on my own "feeling good"
- ❖ I like iPad time in the morning
- ❖ I eat breakfast
- ❖ I get my morning meds

Now

Does it happen now?

- ❖ yes, most mornings
- Yes, if I am nice to my mom
- Yes, during the week I eat at school. On the weekends my mom makes sure I get a good breakfast
- Yes, My mom makes sure I do, because I just can't control my actions without them

Action

What needs to happen to make it a Good Day?

- ❖ I need to wake on my own. I am a heavy sleeper. Waking me up I am like a bear, grrrrrr!!!!
- I must be respectful to my mom and brother. No screaming or using bad words. I must help to dress myself.
- I am cranky without food. Mom makes sure I eat breakfast
- I will settle down as soon as I get my meds. Taking them late will not help me stay focused

Support

Who can help me?

- ❖ Mom and me. I need to get to bed by 8:30pm, even on the weekends
- It is up to me, but mom helps to keep my routine the same because I need it
- My mom and the ladies in the cafeteria at school.
- That is a job for my Mom

Good Day Plan- Home/Work

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
<ul style="list-style-type: none"> * Wake up early enough to have a little quiet time before I start the work day. 	<p>Sometimes</p>	<ul style="list-style-type: none"> *get up on the first alarm 	<ul style="list-style-type: none"> * My husband
<ul style="list-style-type: none"> * Caffeine 	<ul style="list-style-type: none"> * yes 	<ul style="list-style-type: none"> * keep going!!! 	<ul style="list-style-type: none"> * Me
<ul style="list-style-type: none"> * Exercise 	<ul style="list-style-type: none"> * Sometimes 	<ul style="list-style-type: none"> * schedule when your exercise will happen during the day 	<ul style="list-style-type: none"> * the YMCA
<ul style="list-style-type: none"> * Productive day at work 	<ul style="list-style-type: none"> *Most of the time 	<ul style="list-style-type: none"> * Keep making lists! 	<ul style="list-style-type: none"> * Me
<ul style="list-style-type: none"> * Healthy meals without snacking 	<ul style="list-style-type: none"> * Sometimes 	<ul style="list-style-type: none"> * do not have bad snack options at home. Make meals that are satisfying and healthy. Meal Prep 	<ul style="list-style-type: none"> * My family
<ul style="list-style-type: none"> * Good Night Sleep 	<ul style="list-style-type: none"> *not often 	<ul style="list-style-type: none"> *Go to bed at a reasonable time and do meditation or pleasure reading before bed 	<ul style="list-style-type: none"> * Me

Benefits

- ❖ Two way communication tool
- ❖ Assists with promoting independence, problem solving and self-efficacy
- ❖ Proactive tool to assist with self-management, decision making and self-efficacy



Think Outside of the Box

- ❖ How might you use this tool in the workplace?
- ❖ How might you use this tool to be a part of the activities within your community?
- ❖ How can you use this tool to transition from home to work/community and vice versa?





Closing

- **Goal**: To build self-determination skills across settings and build long-term success and successful social communication opportunities for individuals with ASD.





Questions??





LiveChat



Upcoming Topics

Date:	Topic:	Presenters:
April, 2021	Come Along as we Discuss Best Practices, Tips, and Resources to Support the Employment of Adults with Disabilities	Maddy Dunivin & Jennica Johansen, Employment Specialists, VCU-RRTC

To register go to: <https://vcuautismcenter.org/te/lunchandlearn.cfm>



For questions or more information

Please visit:

www.vcuautismcenter.org

Or

email: autismcenter@vcu.edu