



Dr. Amanda Azarbehi

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## Professional Background



Dr. Amanda Azarbehi & Associates.

AAA

AAA Psychological Services



[www.aaapsychology.com](http://www.aaapsychology.com)



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## Outline - 1



1. Understanding ASD
  1. Neurology & Genetics
2. Post High School
  1. Self-Advocacy
  2. College
  3. Employment
3. Dating & Sexuality

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## Outline - 1

4. Helpful Tech
  - 1.VSM
  - 2.GPS
  - 3.APPS
5. Behavior Management
  1. ABC's
  2. Rage Cycle

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## Outline - 1

6. Anxiety
  - Symptoms
  - Triggers
  - Coping
7. Sleep
8. Bonus Materials
  - DSM5, Masculine Brains, Theory Of Mind & Mindblindness

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## Defining Autism




Developmental Disability

Range of Severity

Severe Autistic Disorder

Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS)

Asperger's Syndrome

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## Defining Autism (cont'd)

DSM-IV Diagnostic Criteria

Three core symptoms:

- Qualitative impairments in social interactions
- Qualitative impairments in communications
- Repetitive & stereotyped patterns of behaviour,



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## #1 Current Research Example Causes of Autism

Research into the root causes has included:

- Electroencephalographic studies (EEG)
- Autopsy of brain tissue studies
- Neurochemical studies
- Magnetic Resonance Imaging (MRI)
- Genetic studies



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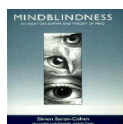
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## Genetic Family Research



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## Chromosomal Genetics



Autism Genome Project - Global 5 yr collaboration

**Canada**

\*130 scientists in 50 institutions in 19 countries, \$20 million

\*DNA samples from 1,600 families

\*Estimates 100 genes could be involved

The analysis also uncovered a link between autism and the deletion in part of a gene known as neurexin 1, one of a family of genes important in communication between neurons in the brain.

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## PRACTICAL APPLICATIONS?



\*Genetic Counseling

\*Genetic Screening???

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## Genetic Screening ???

Genetic finding paves way for controversial autism testing

CAROLYN ABRAMSON  
Toronto— From Thursday's Globe and Mail  
Published Wednesday, Jun. 09, 2010 1:08PM



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## Neurological Impact



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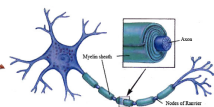
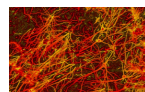
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## Neurological Impact



Plasticity & Myelinization

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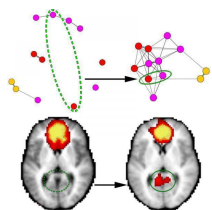
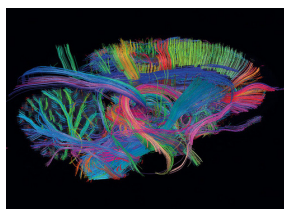
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## Neurological Impact



Neurological Connections

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## Neurology & Symptoms of Aspergers

- \*Difficulty processing social information
- \*Difficulty understanding emotions
- \*Difficulty with non-verbal information
  - Facial Expressions, tone of voice, body language

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## PRACTICAL APPLICATIONS?



- \*Importance of EARLY Intervention
- \*Advocacy
- \*Understanding & Insight into Challenges

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## Triggers

Genetics put one at “risk” but often further triggers needed:  
Environmental  
Metabolic  
Viral Infections  
In Utero Complications



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## PRACTICAL APPLICATIONS?



- \*Prevention
  - Prenatal
  - Perinatal
  - Early Childhood

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## Self Advocacy



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## SELF DETERMINATION

SELF Determination:

- Places decision making and control in the hands of the young Person with ASD.
- Encourages active problem solving and personal responsibility

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## SELF DETERMINATION - 2

Steps to Self Determination:

#1 Understand their value as a person

#2 Understand the wide variety of Future Opportunities

#3 Considers what they want for their future

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## SELF DETERMINATION - 3

Research shows :Students empowered with self determination

Have more successful post-school outcomes (Hall, 2000)

Have higher rates of employment and earn a higher wage post grad (Test, 1997)

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## GROUP ?s / Ideas / Examples



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## SELF ADVOCACY - 1

Step #1 Acquire Knowledge About Your Own Disability

-"Invisible" ASD disability means often misunderstood

-Must understand self and be able to explain strengths and weaknesses

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## SELF ADVOCACY - 2

Step #2 Discuss Disclosure Issues

Who to tell and when

Create Lists

Role Play Disclosure

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## GROUP ?s / Ideas / Examples



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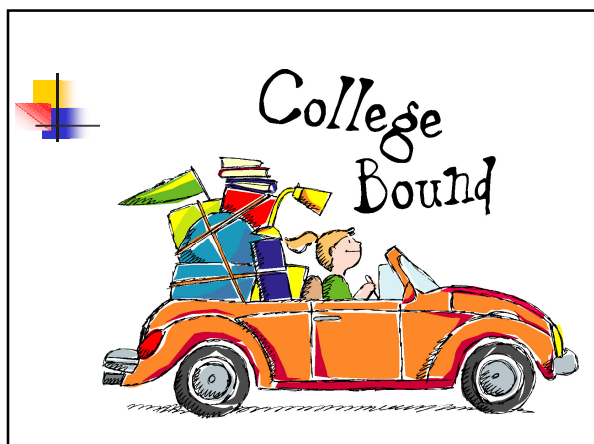
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**COLLEGE – Plan Early**

(1) Plan early – many skills needed to be taught to succeed in college

\*SKILLS =

- Self Determination
- Identifying your needs
- Self Advocacy

OTHER SKILLS

A group of small, colorful human figures (in red, blue, yellow, and green) arranged in the shape of a large question mark.

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**COLLEGE - Pick the Right School**

-Recent Report Provides a Summary of Services and Support Offered in 15 of Ontario's 19 universities:  
[http://www.thetutor.com/news/mediarelations/2012/11/17/the\\_autism\\_project\\_york\\_university\\_students\\_with\\_aspergers\\_thrive\\_in\\_mentorship\\_program.html](http://www.thetutor.com/news/mediarelations/2012/11/17/the_autism_project_york_university_students_with_aspergers_thrive_in_mentorship_program.html)

-The Autism Project: York University students with Asperger's thrive in mentorship program  
York University is one of the few Ontario campuses designing special programs for the growing number of students with autism:  
[http://www.thetutor.com/news/mediarelations/2012/11/17/the\\_autism\\_project\\_york\\_university\\_students\\_with\\_aspergers\\_thrive\\_in\\_mentorship\\_program.html](http://www.thetutor.com/news/mediarelations/2012/11/17/the_autism_project_york_university_students_with_aspergers_thrive_in_mentorship_program.html)

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## COLLEGE - Set Yourself Up 4 Success

Review Coursework & Schedule :

- \* Sensory needs
- \* Routine needs
- \* Learning styles

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## COLLEGE – Get SUPPORT

Provide Documentation Upfront to Receive Support Services:

- \*Registering with office for students with disabilities
- \*Mentoring
- \*Tutoring
- \*Assignment and Testing Accommodation

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## COLLEGE – PreRequisite Skills

Money and Time Management



WHAT WORKS FOR YOU

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# EMPLOYMENT



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## TEMPLE GRANDIN'S VIEW

" I cannot emphasize enough the importance of finding and then developing a talent area in children with ASD that can be turned into a viable profession such as drafting, commercial art, cabinet making, fixing cars, or computer programming. These efforts provide an opportunity for a person to have an individually satisfying career" - Temple Grandin

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## GROUP ?s / Ideas / Examples



Bus, Pool, Lego Examples

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## The Path to a JOB - 1

Taken from Girls Under the Umbrella by Ernsperger

#1 Brainstorm Areas of Interest

#2 Seek out Volunteer Work

#3 Create a list of Job Mentors or Coaches

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## GROUP ?s / Ideas / Examples



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## The Path to a JOB - 2

#4 Create a checklist for Getting Along on the Job  
ie – On time, personal hygiene, appropriate  
clothing, smiles and greets coworkers, talks about  
appropriate subjects, maintains personal space,  
stays organized, on task, completes work

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## The PATH to a JOB - 3

#5 Know what employers are looking for in an employee & seek to gain these skills:

-On time, honest, teamwork, interpersonal skills, motivation & initiative, work ethic, analytical skills, flexibility, computer skills, time management, organized

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## GROUP ?s / Ideas / Examples



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## Ontario Employment Supports 1

Ontario Disability Support Program Employment Supports can help.

Employment Supports can help you:

get ready for work and find a job, or  
start up your own business.

[http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment\\_support/what.aspx](http://www.mcass.gov.on.ca/en/mcass/programs/social/odsp/employment_support/what.aspx)

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## Ontario Employment Supports 2

There are many any kinds of Ontario Disability Support Program Employment Supports provided through COMMUNITY PROVIDERS:

- help preparing for work
- help finding a job that is right for you
- help keeping a job
- job coaching
- on-the-job training
- help to move to the next level in your career
- software and mobility devices that can help you do your job
- interpreter or intervenor services
- transportation assistance
- assistive devices and training to use them
- tools and equipment you need for your job
- special clothing for your job
- specialized computer training

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## Ontario Employment Supports 3

Supports to start your own Business:

- help to develop and implement a business plan
- training in money management, record keeping and budgeting
- help with marketing your business
- mentoring
- financial help towards the costs of business tools, equipment and supplies, licenses and certification
- help getting work-related disability supports, such as assistive devices and technical equipment, interpreter, intervenor, reader and notetaker services.

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## ASD Women @ WORK

- Society has expectations of both men and women, but many women on the autism spectrum believe that these expectations are greater for women.
- At work, women experience 'a glass ceiling that is double glazed' according to the authors. Women experience the same difficulties as other women, plus the difficulties experienced by women on the autism spectrum.
- These women often go into professions that are traditionally male-orientated.

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## @ WORK Pamphlet

Harder (2010) has produced a booklet called 'Illustrated glimpses of Aspergers for Friends and Colleagues'.

-This gives a valuable insight into the difficulties women on the autism spectrum experience at work and provides explanations to colleagues of the different ways in which such women perceive the world.

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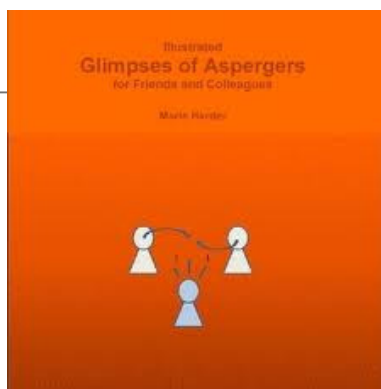
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## DATING



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## Dating



-Telling a 'friend' from a 'Boyfriend/Girlfriend'

-Boyfriends/Girlfriends spend time with you alone, share hobbies and interests, call you at home, text you, add you to their facebook as a girlfriend/boyfriend, compliment you, pursue closer physical contact

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## Date Coaching



Coaching on dating skills can be helpful.

-WHO: dating coaches be people who are relatively close in age to you and have been successful in dating.

-DISCUSS: topics to discuss, potential date activities, giving appropriate compliments, Levels of Appropriate Touching, Safety Awareness

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## Date Coaching



Rehearsing Dating Skills can be Helpful

-ROLEPLAY: voice tone, nonverbal skills, physical proximity, eye contact, drawing boundaries

-DRY RUN: practice going to locations, participating in the activity, check for any sensory concerns, determine unwritten social rules for the location

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### Dating Advise 'Aspie to Aspie'

- If you are happy as an Individual you DO NOT need to seek out a partner
- Be careful to properly judge the other's interest
- Use the '3 Strikes your out' Rule
- Do not misread politeness
- Avoid stalking of ALL kinds
- Avoid expensive gifts
- Try watching romantic movies for pointers or magazines

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### Dating Advise 'Aspie to Aspie' -2

- Pick date activities YOU will BOTH enjoy
- Pre-plan for confidence and less stress
- Practice / Dry Run date ahead of time and problem solve problem (ie sensory or confusion)
- You can't win if your not even in the game so TRY!
- Move slow in relationship
- Look for people with shared interests & activities
- Don't use sex to gain popularity

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### Dating Advise 'Aspie to Aspie' -3

- Pay careful attention to hygiene:
  - Grooming hair, face, teeth & body
  - Deodorant
  - Clean Appropriate clothing
  - Facial Hair Issues

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## Advantages of ASD & Dating

As a Romantic Partner being on the spectrum brings many positives (Newport):

- Honest & Straightforward
- Dependable & Reliable
- Very focused on interests & hobbies
- Unusual & Interesting POV
- Not scared of Commitment

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## Disadvantages of ASD & Dating

- Awkward at social initiation
- Overly intense in interests
- Difficulty seeing another's POV
- Poor understanding of social boundaries & niceties
- Resistant to change
- Sensory issues

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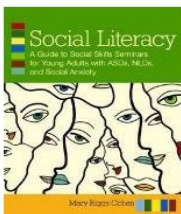
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## Dating Curriculum = Scarce

- Chapter 6 – Interpersonal Relationships & Dating
- Tips on Learning non-verbal flirting behaviors
    - Touch, tilt head, glance & away ect



- Suggest watching Romantic Comedies
  - When Harry Met Sally – gender POV
- Suggests ONLINE DATING & tips
- [www.wrongplanet.net](http://www.wrongplanet.net)
- Suggests a DATING PANEL

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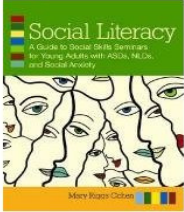
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## Dating Curriculum Examples

-Getting to Know Someone

\*Small Talk



-Plan to go somewhere special

©1996 by J. Wood

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## Conversation Map Example

- 1. Person you would like to approach
- 2. Reason you would like to approach
- 3. Person's interests
- 4. Things you might say or talk about
- 5. How start the conversation
  - What will you say
  - 3 possible responses and your reply
- 6. Best location and time
- 7. PRACTICE

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## BE AWARE & SMART

NOTE: Safety Awareness – heightened risk for sexual assault and date rape (Debbault 2003)

\*Safety Plans, Safety Signals, Diffusing Anger, Emergency Contact #'s, Cell, Warning Signs of an Abusive Relationship

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## Dating – Sex & “Hidden Rules”

- It can be challenging for people with ASD to read non-verbal cues regarding signs of flirting & arousal and interest in moving forward in the physical aspect of a relationship
- Typically explicit examples and info needed
  - Chapter in Newport book on how to read each gender's arousal cues
  - Also important to discuss gaining VERBAL CONSENT

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## Book Resources



### TEENS

- Questions Young People Ask – Dr. Zastrow
- Sexpectations Girl / Sexpectation Boy –
  - By Murray
- Girllology, Hangups, Hookups & Holding Out -
  - By Holmes
- Boyology - By Burningham & Smith
- The Little Black Book for Girlz
- The Little Black Book for Guys
- 100 Questions you'd never ask your parents

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## ASD & Sexuality Book Resources

### TEENS

- Autism-Asperger's & Sexuality
  - By Jerry & Mary Newport
    - A couple with Asperger's writes a frank and straight forward info guide
- The Aspie Teen's Survival Guide
  - By J.D. Kraus
    - A young man with Asperger's
- Asperger's & Girls
  - By Tony Attwood & Temple Grandin

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## Helpful TECH Solutions & Tools



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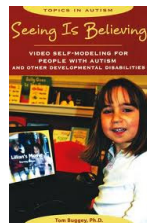
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### #2 Example Video SELF Modeling

- \*Recent Research in Video Self Modeling has found it to be even more effective than social stories or traditional video or live modeling.
- \*It can be used to increase skills in many areas including: Language, Social, Self-Monitoring, Imitation, ect.



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## Videos

<https://www.youtube.com/watch?v=nZv9sBtQbHE>

<https://www.youtube.com/watch?v=u1Tnh3NUjPU>

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## PRACTICAL APPLICATIONS?



- \*School
- \*Home
- \*Community

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## Group Discussion



- Could this Research be of use to you?
- How?
- What might be the implementation challenges?
- Advantages?
- Disadvantages?

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## Safety in Community & Independence – GPS Devices



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### #3 GPS Technology



\*GPS Devices can now be used for:

- Safety
- Skill Building
- Independence



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### #3 GPS Technology



\*GPS Devices Examples:

- Wearable, tamper-resistant GPS locator with 2-way talk, listen-in and family conferencing capabilities.

<http://www.revolutionarytracker.com>



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### PRACTICAL APPLICATIONS?



- \*School
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- \*Community

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## Group Discussion



Could this Research be of use to you?

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Advantages?

Disadvantages?

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## Helpful Apps

Visual Schedules

PECS & Text-to-talk

Emotion Games

Social Stories

NOTE: 'Autism Apps'



<http://www.gadgetsdna.com/10-revolutionary-ipad-apps-to-help-autistic-children/5522/>

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## APPS 4 Communication



**Proloquo2Go**

Communication on the Go for  
iPhone, iPod touch and iPad

version 1.5



by AssistiveWare

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## APPS 4 Communication



Proloquo2Go by AssistiveWare (\$199)

- Augmentative and alternative communication (AAC).
- Vocabulary organized for beginning communicators on up to those who need a more complex core vocabulary.
- Customizable Display from Pics to Text
- Transition to literacy with [word prediction](#) in typing view
- Over 30 voices ranging in age and accent

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## APPS 4 Communication




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## APPS 4 Communication

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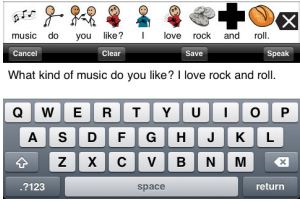
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# APPS 4 Communication





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# APPS 4 Communication - Autismate



AutisMate (\$149)

- Scene based communication.
- Pictures have embedded hotspots that open up to relevant vocabulary or video clips.



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# APPS 4 Communication





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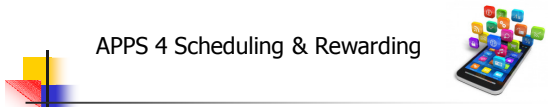
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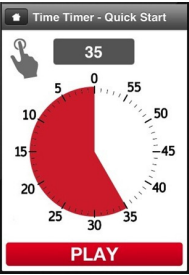
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### APPS 4 Scheduling & Rewarding



Time Timer \$2.99

- Can be used many ways
  - \*Waiting
  - \* Counting Down
  - \*Tracking Duration
  - \*Teaching Endurance
  - \*Building Tolerance

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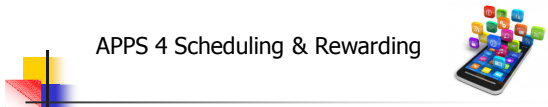
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### APPS 4 Scheduling & Rewarding

The Choiceworks app by BeeVisual (\$6.99)

- Schedule Board allows up to eight steps and when an item is done you slide the finished task to the all done column.
- The Waiting board has a timer that counts down.
- The Feelings board helps to identify emotions and create strategies to cope in a positive way- such as when they are feeling angry or frustrated.
- Over 150 images are included or you may use your own symbols or photos. You may also record audio.

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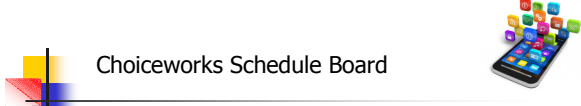
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### Choiceworks Schedule Board



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### Choiceworks Feelings Board





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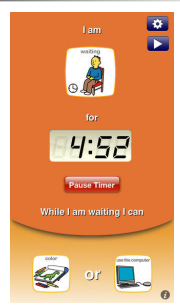
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### Choiceworks Waiting Board





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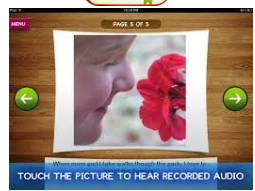
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### APPS 4 Social Stories





Stories About Me - \$5.99

Blending photos, text, and voice recordings into a talking picture book, children can playback rich media stories of their own personal experiences.

Swiping advances the pages and tapping plays the audio; simple as that!

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## APPS 4 Building Spoken Language



Speech Journal \$3.99  
*Mobile Education Store*

- Creates books that allow you to pair recorded voices with an image.
- Create social stories, talking photo albums, illustrated multi-step tasks for job skills.



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## PRACTICAL APPLICATIONS?



- \*School
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## Group Discussion



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- How?
- What might be the implementation challenges?
- Advantages?
- Disadvantages?

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## Know Your ABCs!



A → B → C  
(Antecedent) (Behaviour) (Consequence)

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### TYPES OF CHALLENGING BEHAVIOR

\*Must determine what is motivating/rewarding the behavior:

- Intrinsically Motivating
- Desire/Gain
- Escape/Avoidance
- Attention
- Communication



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### TYPES OF CHALLENGING BEHAVIOR

\*Intrinsically Motivating



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## TYPES OF CHALLENGING BEHAVIOR

\* Desire / Gain



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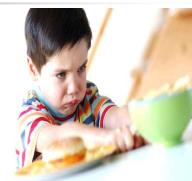
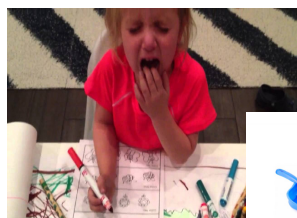
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## TYPES OF CHALLENGING BEHAVIOR

\*Escape/Avoidance



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## TYPES OF CHALLENGING BEHAVIOR

\*Attention



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## TYPES OF CHALLENGING BEHAVIOR

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\*Communication

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## CHALLENGING BEHAVIOR EXAMPLES

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- \*Screaming during work placement
- \*Hitting a parent
- \*Running away from playground

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## MISSING INFORMATION???????

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Antecedent – Behavior – Consequence

A

B

C

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## ABC EXAMPLES

A	B	C
Scream @ work placement	Scream	Sent home for rest of the day
Hits mom in kitchen when hungry waiting for dinner	Hits	Mom gives a snack
During recess outside he is wandering around bored	Runs Away	Classmates yell and chase

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