



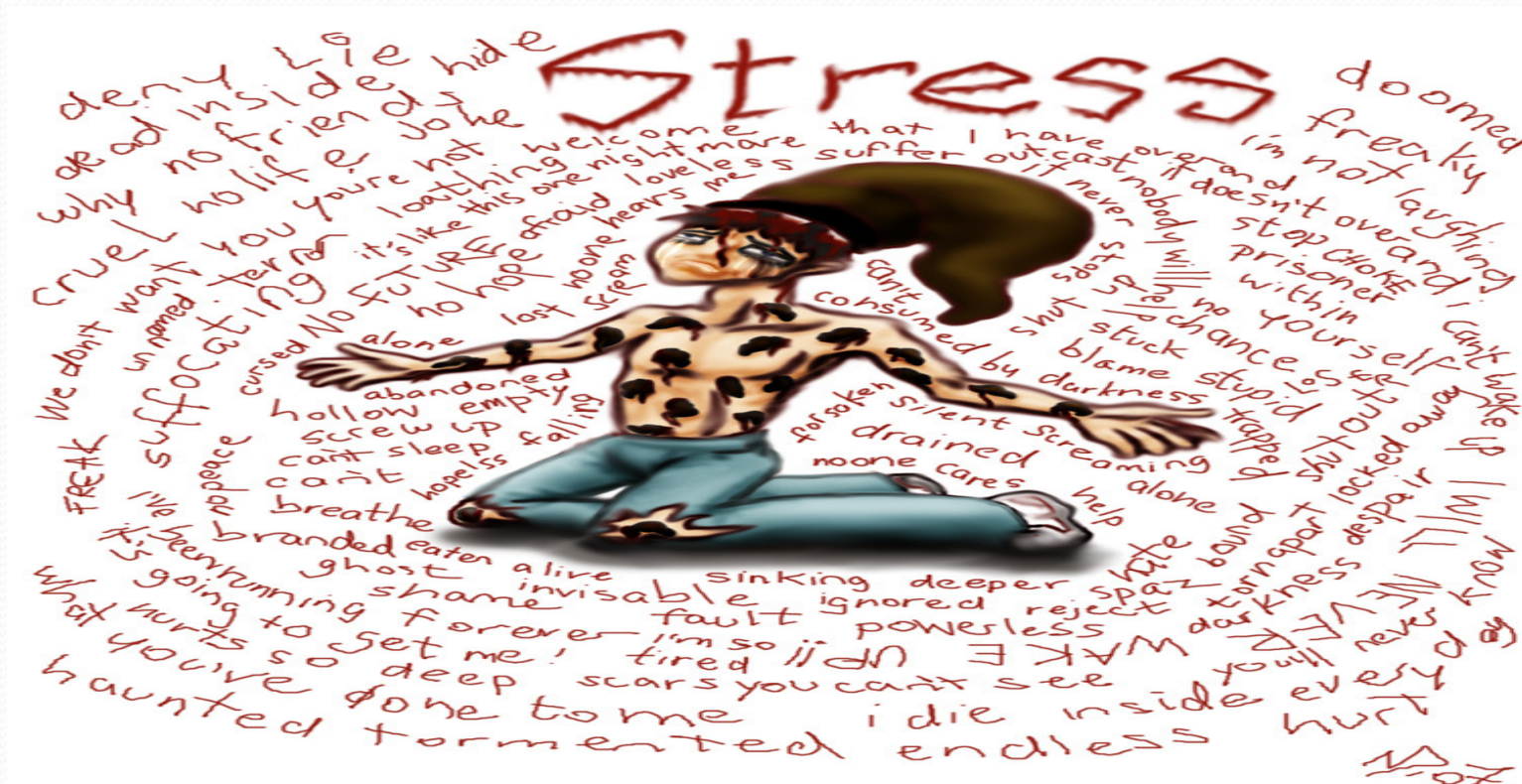
Transitioning to adult support services



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Considerations

- In general people with ASD experience high stress levels
- Change and transition can be very stressful due to communication difficulties, sensory issues, uncertainty and lack of predictability

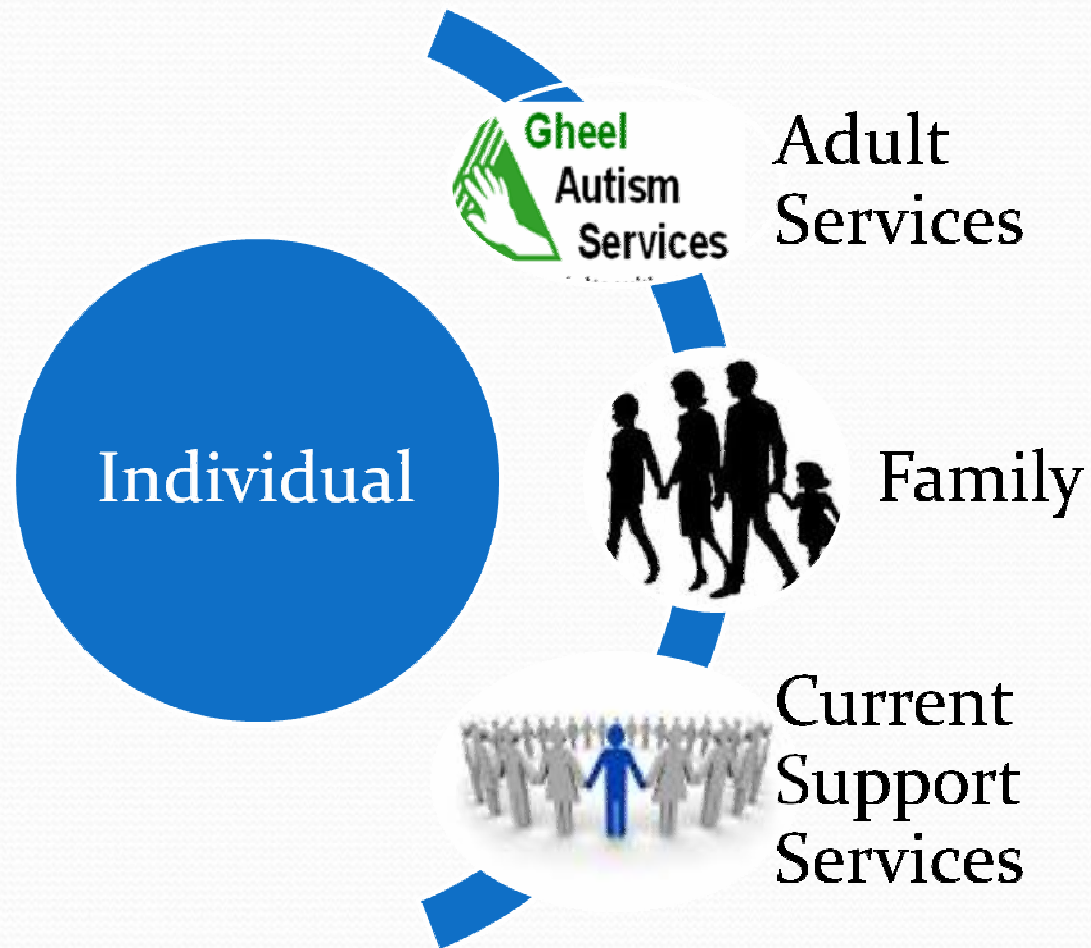


What helps?



- Understanding autism and how it affects each individual
- Appreciating the need for predictability, consistency and planning for change
- Adapting the environment
- Facilitating and supporting the person's coping strategies to minimise anxiety
- Being aware of sensory sensitivities
- Low arousal approach
- Structuring the transition as much as possible and providing visual supports
- Working in partnership and supporting families
- Support & training the staff team e.g. mindfulness

Transition Process



Assessment

- Cognitive profile
- Sensory profile
- Communication needs
- Stress management

Individual

Adult Services

Transition period

- Building relationships
- Family support
- Staff training
- Autism informed approach



Assessment

Broad multiple means

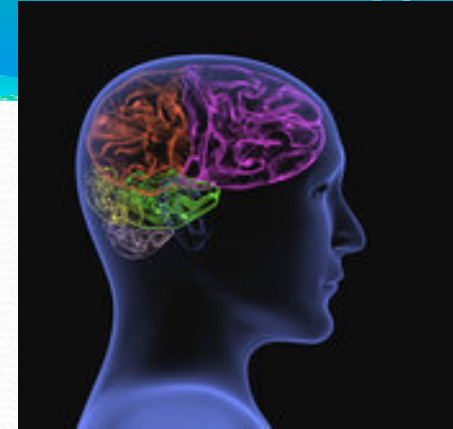
- Individual
- Past & current services
- Reports (sensory, cognitive, diagnostic etc)
- Observation
- Family

Consideration

- Need to draw own conclusions (sometimes an individual's "reputation" is a reflection of services lack of understanding of autism rather than a true reflection of the person themselves)

Consideration during assessment: Perception is theory laden

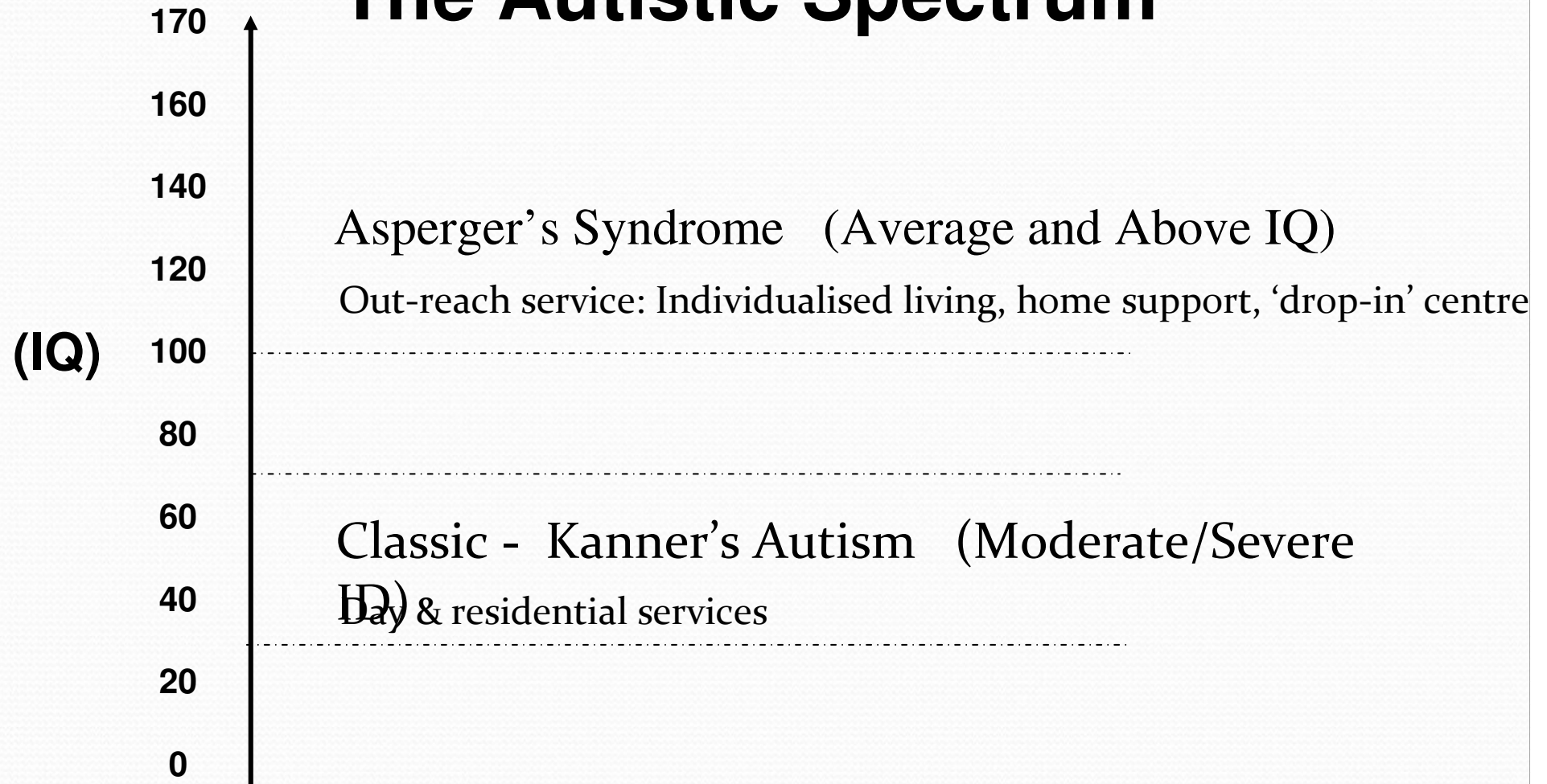
(Norwood Russell Hanson)



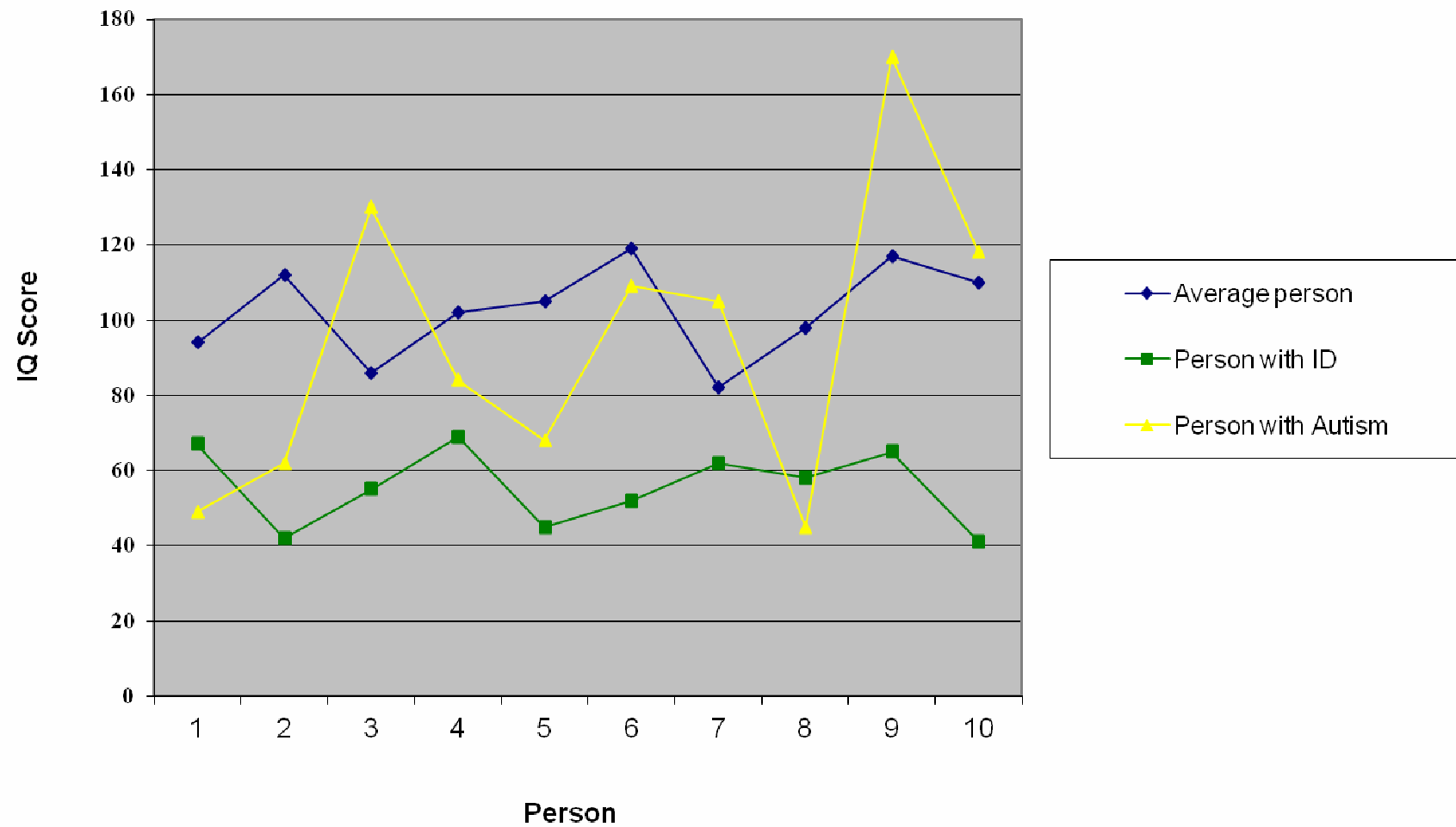
**Professionals and carers interpret behaviours
often in terms of their own background and
experience.**

**Like beauty...
challenging behaviour is in the eye of the
beholder.**

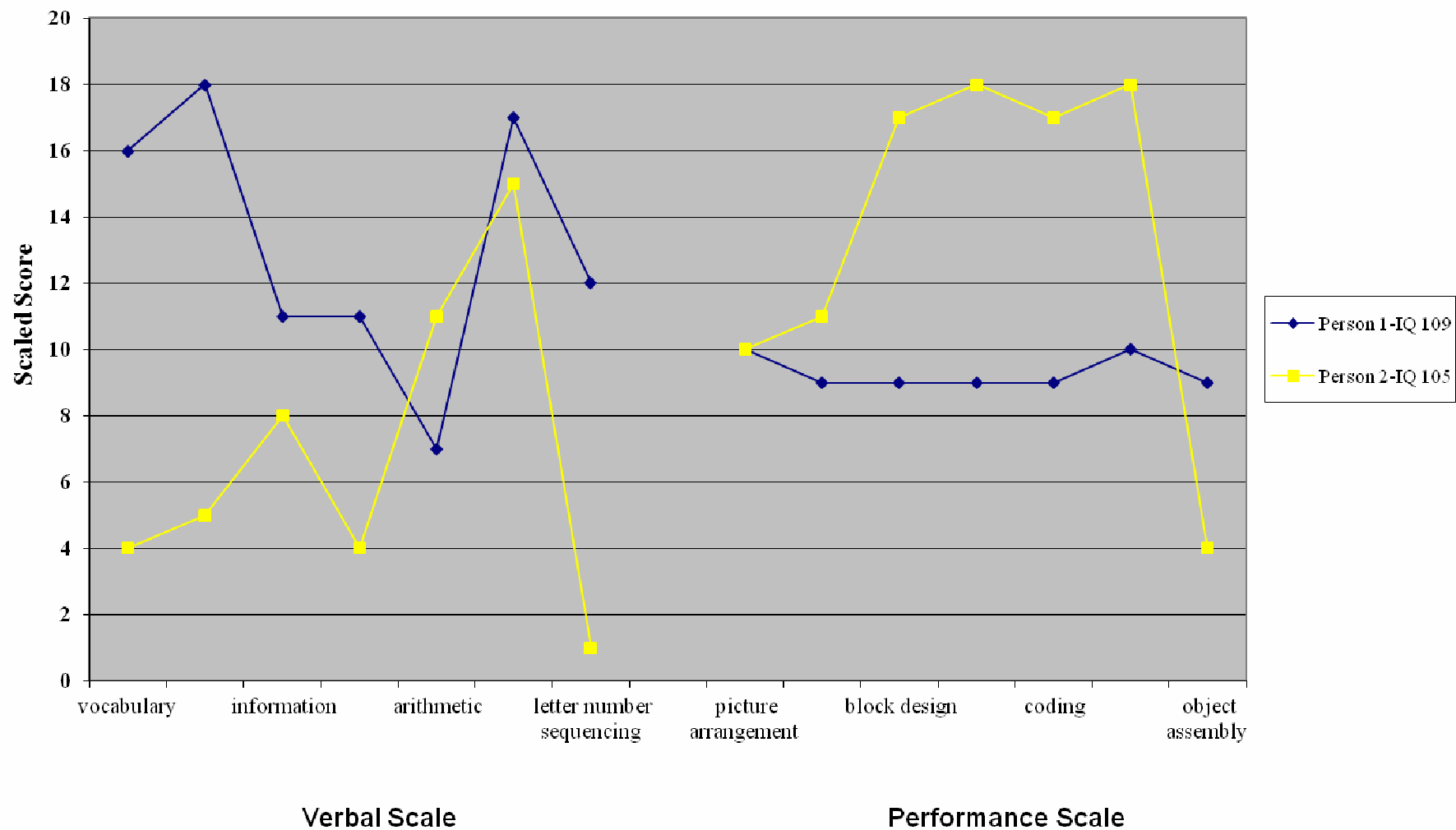
The Autistic Spectrum



IQ of 30 People in Three Groups



Two People with Autism with Average IQ as measured by the WAIS-III



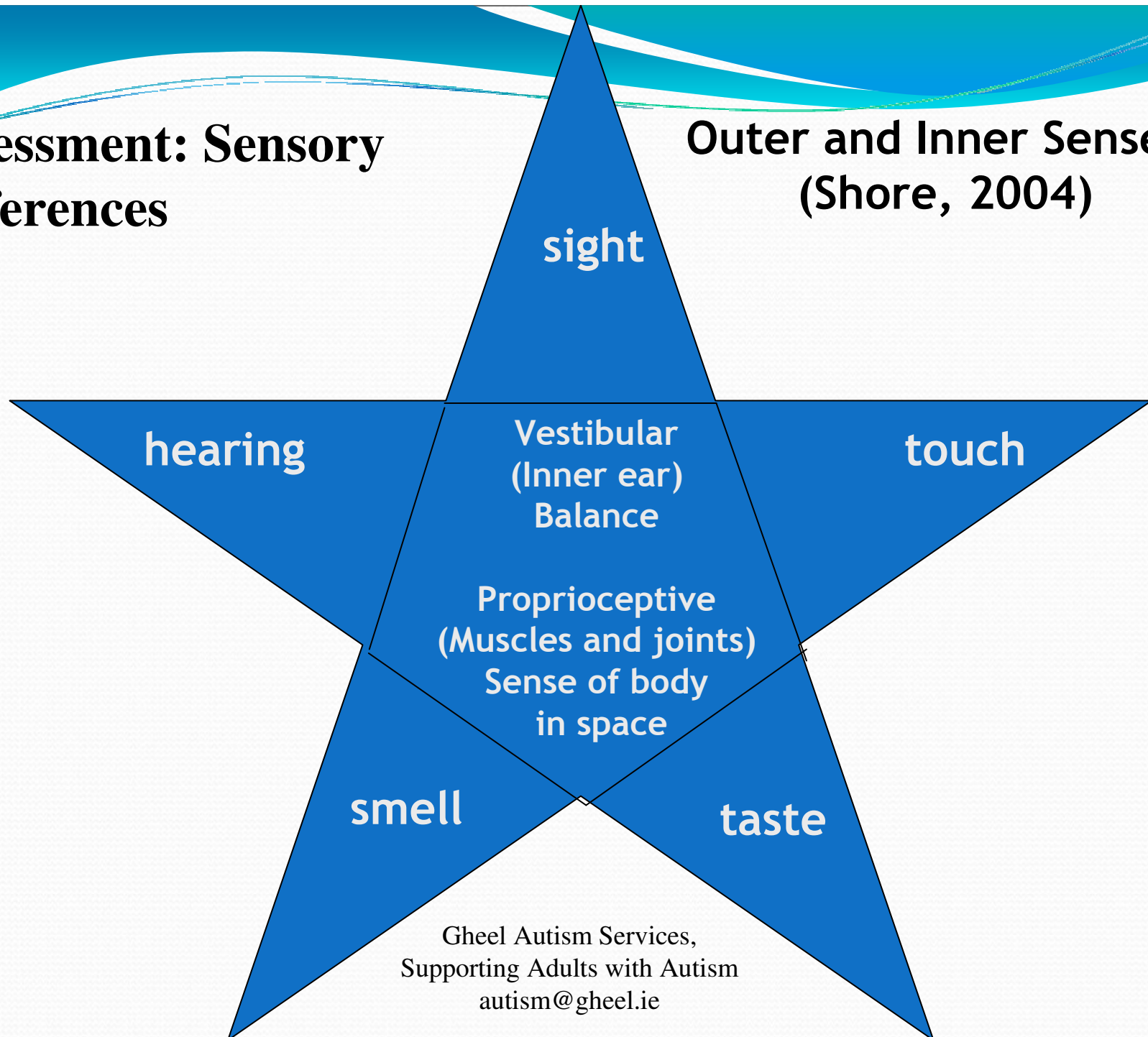
All people are individual and different

*"If you've met one person on the autism spectrum,
then you've met ONE person on the autism
spectrum".*



Assessment: Sensory Differences

Outer and Inner Senses
(Shore, 2004)



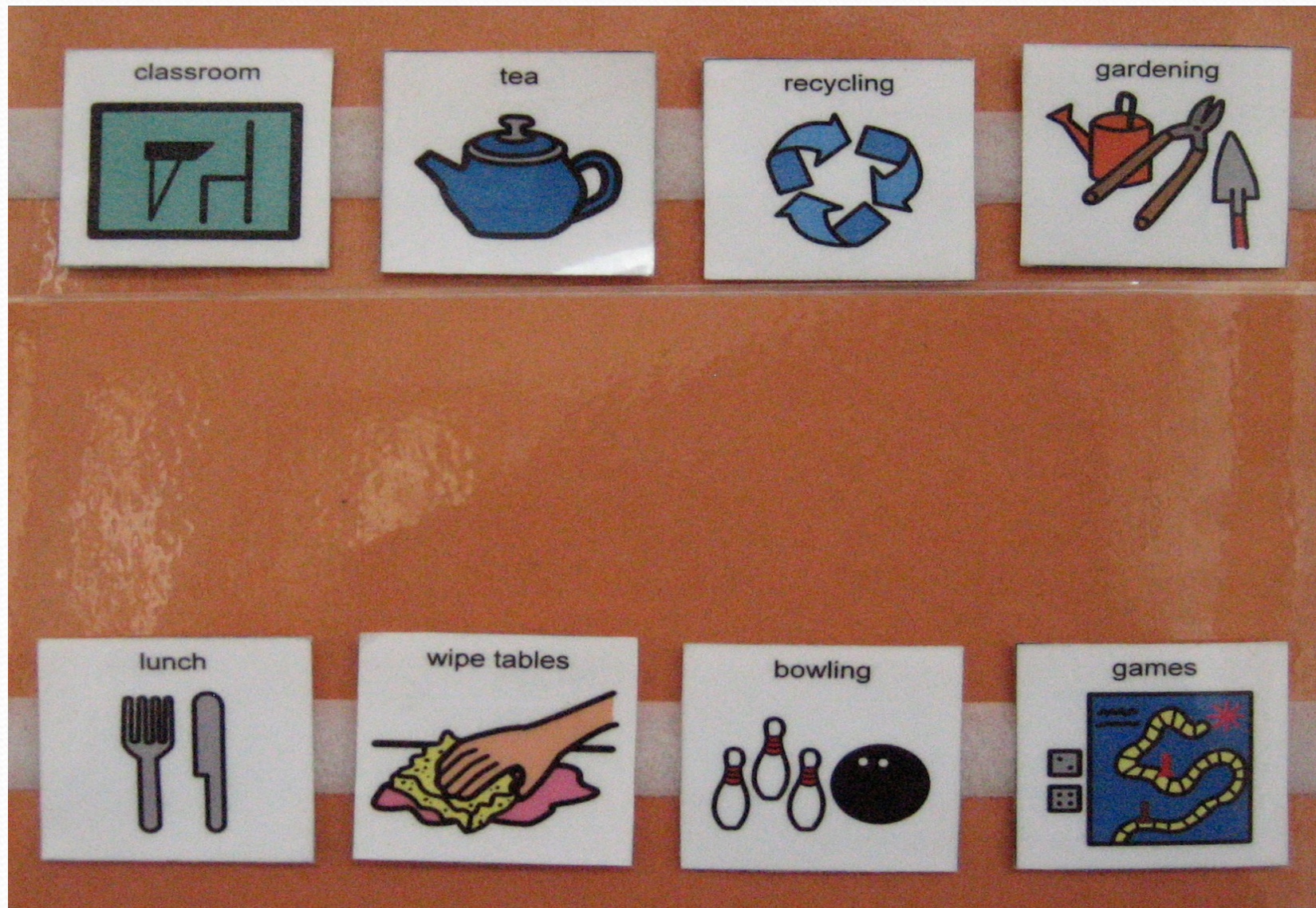
Gheel Autism Services,
Supporting Adults with Autism
autism@gheel.ie



Transition

**The Importance of
Predictability**

Visual Schedule





Importance of autism training...

- To understand Atypical development (in the case of autism) we must first understand typical development.
- As carers many of the challenging situations people encounter are directly affected by differences in development.
- This is where the spikey profile of autism comes from.

Literalness of language

Examples of statements which may be confusing for people with AS

- **“you need to pull up your socks”**
- **“we all need to pull together”**
- **“Where’s my book?....God only knows”**
- **“...if you do that again I’ll kill you”**



Case Examples

Case 1

18year old with a diagnosis of Kanner Autism:
Transition from special needs school to Gheel day service.

Case 2

33year old with a diagnosis of Asperger's Syndrome:
Transition from home to Gheel out-reach service supported individualised living scheme

Case Example 1

Stage 1 Assessment

- Initial assessment
- Observation
- Communication with current service, family
- Needs assessment formulated

Stage 2 Transition

- Key lead person
- Gradual introduction to day centre
- Relationship building
- Staff training: Communication software
- Visual schedule, social stories

Stage 3 Adjustment

- Autism informed approach
- Predictability
- Regular review and adjusting of service
- PCP formulation
- Communicating with family & respite service

Case Example 2

Stage 1 Assessment

- Initial assessment
- Communication with individual, past services, family, advocate
- Service specification report formulated

Stage 2 Transition

- Key lead person
- 1:1 meetings
- Consistent approach
- Relationship building
- Matching interests and aptitudes to support staff
- Visual tools utilised to aid transition
- Family support meetings

Stage 3 Adjustment

- Autism informed approach
- Predictability
- Regular review of service
- PCP & Stress management plan formulated
- Co-ordinated multi-service approach
- Family support cont.

**Any questions or comments
welcome**

