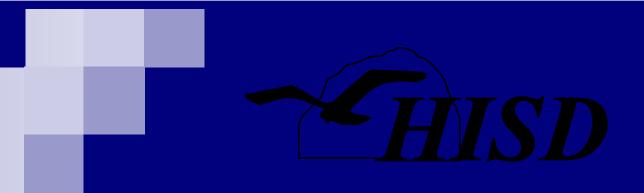
Overview and Universal Supports for Students with Autism Spectrum Disorder



Statewide Autism Resources and Training



Grand Valley State University And Huron Intermediate School District





Mission of START

Giving professionals and parents the knowledge and skills to support individuals with autism spectrum disorder in reaching their greatest potential.





Model of Service









The START Program at Grand Valley State University will not lend its name to the endorsement of any specific program, practice or model offered for service to children with autism spectrum disorder. Instead, we support the use of current best practices.



3 GUARANTEES

- Autism spectrum disorders are here to stay.
- Programming for students with ASD will not be troublefree.



■ WE are accountable!



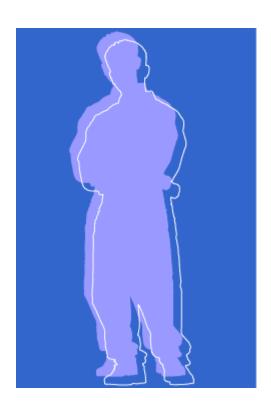
- He is in 5th grade
- He loves playing baseball and watching movies
- He has a dog he takes care of on his own
- He does homework for half an hour every night
- He enjoys socializing with people
- He lives with his mom during the week and his dad on weekends
- He likes to listen to music and use the computer
- He wants to be a baseball player when he grows up

Student A





Student B



- He has autism and moderate mental retardation
- He can read basic sight words
- He cannot add without using a calculator or a number line
- He doesn't know the values of coins and can't tie his shoes
- He gets lost in the school if he does not have someone to follow

Student AB

- He is in 5th grade
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- He wants to be a baseball player when he grows up

- He has autism and moderate mental retardation
- He reads basic sight words
- He cannot add without using a calculator or a number line
- He doesn't know the values of coins and can't tie his shoes
- He gets lost in the school if he does not have someone to follow



Taking Perspective

- It is our perspective that determines our attitudes toward students with ASD
- Our attitudes can determine the success of students with ASD



Autism Spectrum Disorders: Characteristics

Section One: Introduction to Autism and Asperger's Syndrome

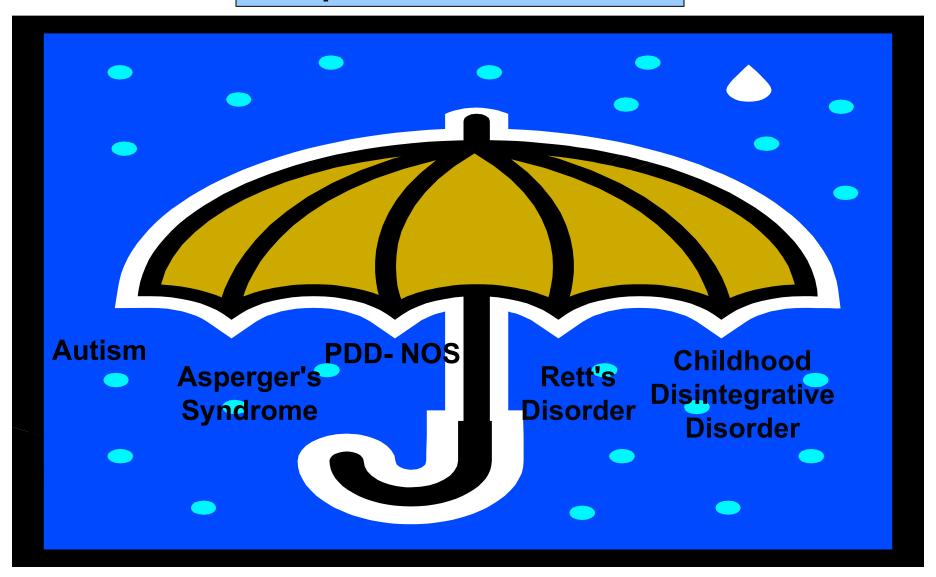


Defining Autism



- Identified in 1943 by Leo Kanner
- Neurological-based, developmental disability
- Characteristics are evident by the age of 3
- Occurs 4 times as often in males than in females
- Occurs in 1-3 per 500 (CDC, 2005)

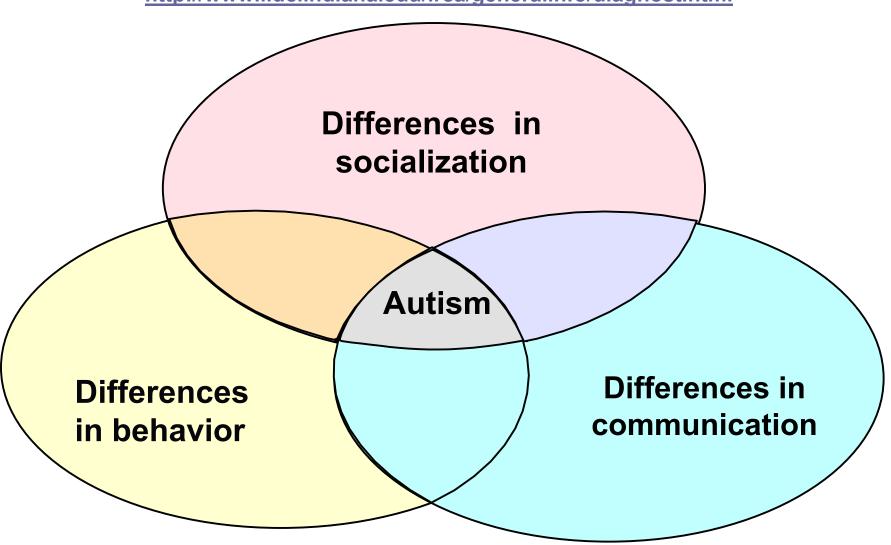
Categories of Autism Spectrum Disorders





The DSM-IV-TR Definition

http://www.iidc.indiana.edu/irca/generalinfo/diagnost.html



Socialization





- What may be different:
 - □ Eye contact
 - ☐ Gestures (pointing, leading, body postures)
 - □ Formation of friendships
 - Social-emotional reciprocity
 - Responding appropriately to another person's distress or happiness

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Socialization

Impaired Perspective-Taking or Theory of Mind Deficits

 Theory of Mind - The ability to make accurate guesses about what another person is thinking.



- What I see is what others see.
- What I know is what others know.
 - What I feel is what others feel.
- What I believe is what others believe.



Communication

- Language impairments range from:
 - □ No spoken language → Conversational language
 - However, individuals with speech may have poor ability to initiate or sustain conversation, especially if it does not relate to a preferred topic
 - May have unusual phrasing or inflection



Communication

- Other communication impairments may include:
 - □ Echolalia
 - □ Pronoun reversal





Behavior

- Rigid Thinking and Behavior
 - Literal/ black and white thinking
 - Difficulty with changes in routine
 - □ Perfectionistic

"In autism, rules are fairly easy to learn, but not easy to modify or apply flexibly."

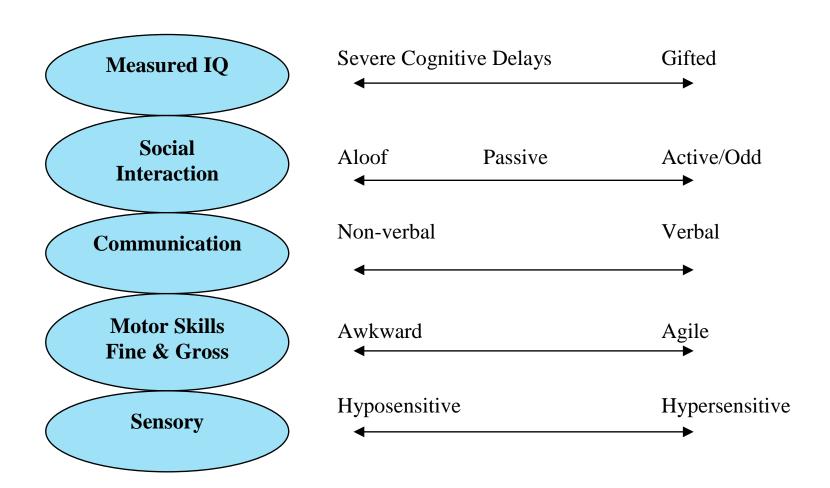
Janice Janzen



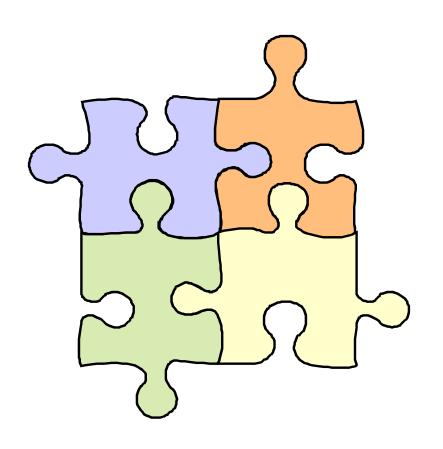
What happens when the bus is late?



Continuum of Skills for Individuals with Autism



Other Characteristics



- Good memory and visualspatial skills
- Savant skills (5%) or hyperlexia
- Maladaptive behaviors (e.g., self-injurious behavior, aggression, tantrums)
- Learning problems
 (including problems with
 generalization, attention,
 overselectivity, motivation,
 abstract concepts)



Defining Asperger's Syndrome

- Identified by Hans Asperger in 1944
- Not recognized in the U.S. until around 1980's
- Diagnosis entered DSM-IV in 1994
- Characteristics generally not identified until later in childhood
- Initial normal speech development, marked with difficulty with pragmatics



Asperger's Disorder

- Occurs in 3-4 per 1,000 births
- Specific learning disabilities are common
- Increased motor difficulties
 - □ Gross motor general clumsiness
 - ☐ Fine motor usually difficulties with handwriting
- Some problem behavior in the form of emotional outbursts/tantrums, and aggression



Asperger's Disorder

- Normal language development
- Normal cognitive development
- No delay in self-help skills or adaptive behavior

Asperger's Disorder Social Impairments

- Poor peer relationships and play skills
- Poor empathy, extreme egocentrism
- Often inappropriate with peers





Asperger's Disorder Social Impairments

Difficulties with social nuances

May not respond to a person losing interest

May have an interest in others, but lack of skills

- Bossy and directive
- Rigid play



Asperger's Disorder Behavior

 Fascination with circumscribed interests/topics to the point of obsession

> □ Examples: letters/numbers, sports trivia, computers, trains

 May see some mild stereotypical behaviors, especially at younger ages





Asperger's Disorder Other Characteristics

- Poor gross & fine motor skills
- Poor judgment
- Obsessive-Compulsive
 Disorder-like
 characteristics
- Lack of attention to hygiene/appearance
- Secondary depression and anxiety
- Conflict with authority figures



Looking at ASD Differently

- Need for Visual Continuity
 - □ Assure visual continuity in environment
- Need for Order and Predictability
 - Assure environment is orderly and predictable
- Preferred / Repetitive Activities / Fascinations / Sensory Preoccupations
 - Allow controlled access to preferred and repetitive activities and fascinations / sensory preoccupations so they don't interfere with learning

Utilize the predisposed inclinations to the student's advantage. Remember the two big goal areas are independence and socialization.

Autism Spectrum Disorders

Other Characteristics Etiology Prevalence



Sensory Characteristics

May exhibit degrees of sensory hypersensitivity or hyposensitivity such as:



- □ Tactile defensiveness
- □ Auditory problems
- □ Visual-perceptual differences
- Olfactory and taste sensitivity
- ☐ Activityhttp://www.pbs.org/wgbh/misunderstoodminds/attention.html



Sensory Characteristics

- "I could hear the blood whooshing through my veins."
- "Rain sounded like gunfire."
- "For people with autism it is difficult. Our senses lie to us. Zipping a coat or holding a pencil might be a source of pain for the child."
 - Thomas McKean

Sensory Characteristics



When I was a child, large noisy gatherings of relatives were overwhelming, and I would just lose control and throw temper tantrums.

□ Temple Grandin

"Sound came through as color, while touching my face produced a soundlike sensation." (Example of Synaesthesia)

□ 27 year old man with ASD



Activity: Attention in the classroom

Activity -

http://www.pbs.org/wgbh/misunderstoodminds/attention.html

How well do you hear with auditory distractions?



Promoting Success

You are a student with ASD. What do you experience in your classroom? What do you see? Hear? How do you feel?

Think about:

- □ Sounds/ noise level
- □ Lighting
- □ People
- □ Seat location
- □ Routines/ organization
- □ Other factors?



Learning Characteristics

- Uneven skill development
- Difficulty generalizing skills/information
- Difficulty learning through observation
- Poor motivation and short attention span
- Tendency to focus on only one aspect (wheels instead of the train; one feature of a person versus the whole individual)

Learning Characteristics

- Difficulty with abstract concepts and seeing the "big picture" or "getting the gist"
 - □ Difficulty interpreting idiomatic language.

"Did the light bulb go on yet?"

"Killing two birds with one stone."

□ Difficulty recognizing important or critical features

Can recite the names of all 14 characters in the book read for English class, but can't identify the main character.

□ Understand the words literally, but not the tone of voice that changes the meaning

"Yes, that was a great choice." (stated with sarcasm)



Strengths

- Capture our interest and compassion
- Unique
- Honesty/forthrightness
- Interesting personalities
- Topical knowledge
- Good long-term and rote memory
- Good visual-spatial abilities

We are intrigued by individuals with ASD







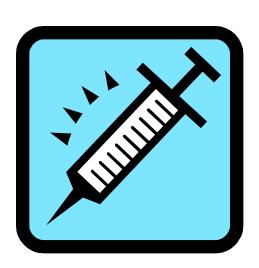
Current Theories & Research

- Research in the area of genetics
 - ☐ Strong evidence for some hereditary link
 - No single gene mechanism responsible;
 multiple genes implicated
 - □ Concordance between identical twins is about 60%
 - Of individuals with autism, 25% have a relative with a language delay



Current Theories & Research

- Additional areas of investigation:
 - □ Prenatal and perinatal exposure to neurotoxins
 - Viruses and gastrointestinal abnormalities
 - Little research in this area, but increased interest
 - Exposure to environmental chemicals
 - ☐ Metabolic imbalances
 - □ Immunizations







Supports for Students with ASD

Section Two: Universal Interventions

Establishing Supports

Students with ASD often do not

attend to and interact in social and academic environments without specific strategies and supports that address their unique needs.

To meet these needs, we must establish foundational, classroom and individualized supports.



Ultimate Goals for Students with ASD

- Regular or special education classes in the home school district
- Development of language and communication system(s)
- Appropriate peer relationships
- Minimal behavior problems
- Age appropriate self-help skills
- Highest level of independence possible



What Are Universal Supports?

- 1. Visual Strategies
- 2. Consistent Behavior Programming
- 3. Functional Communication System
- 4. High Quality Curriculum
- 5. Problem-Solving Approach (School and Family Team Using Data-Based Decision Making)
- 6. Personnel Support (staff and peers)
- 7. Modifications and Accommodations

REVEREND FUN @ GOSPEL COMMUNICATIONS INTERNATIONAL, INC. WWW.REVERENDFUN.COM



I DON'T KNOW ABOUT YOU ... BUT I'VE ONLY FOUND A COUPLE THAT WORK FOR ME



- IDEA (1997) and the Reauthorization of IDEA (2004) ensure many opportunities for students with ASD including:
 - □ Opportunities for inclusion
 - □ Access to the general education curriculum
 - □ Positive behavior support plans, where appropriate
- In addition, No Child Left Behind (2001) ensures that there is accountability for student outcomes, and use of instructional methods that are validated by scientific research
- These laws indicate the increasing need for a general and special education partnership

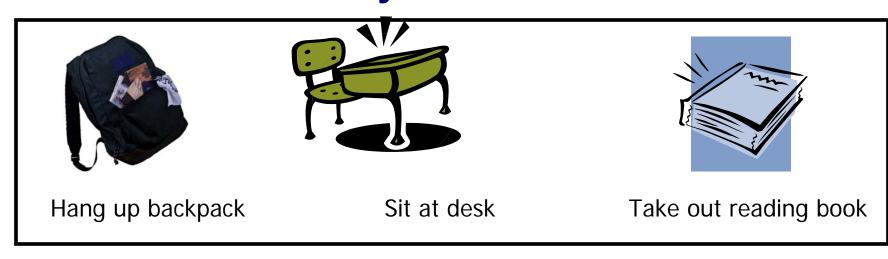
1. Visual Strategies



Promoting Success

Promoting success in the general education classroom involves providing:

- Predictability
- Preteaching and precorrecting
- Visual and auditory cues



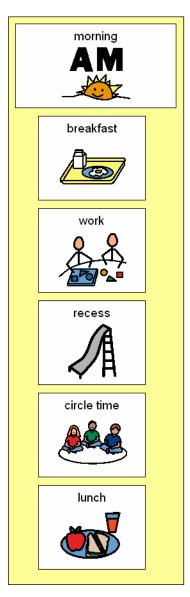
Types of Visual Supports and Strategies

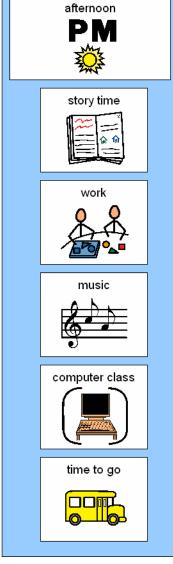
- Visual Organization of Environment
- Routines / Schedules and Transitions
 - □ Schedules / Sub-schedules (pervasive / mobile)
 - □ Transition Cards
- Communicating Expectations
 - □ First / Then Cards
 - □ Visual Prompts of Expectations/Behavior Cues
 - □ Social Stories/Social Scripts
 - □ Choice Cards
- Detailing Tasks
 - □ Increase Independence
 - □ Work Systems
 - □ Cues for academic success accommodations and modifications
- Self-Monitoring
 - □ Break Card

Organize the work space

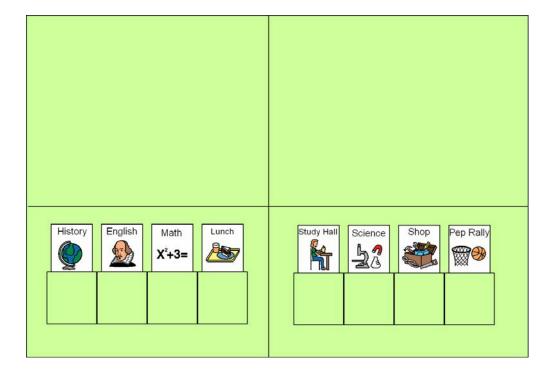








Schedule formats vary based on student age, ability and need.





Routine or Procedure Boards









jacket on



hat and mittens on





wait for teacher



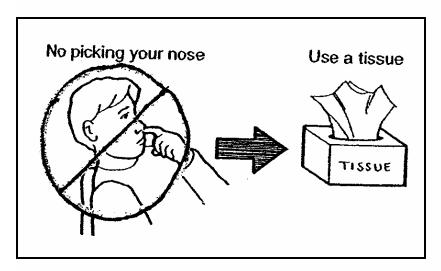
Routine or Procedure Boards



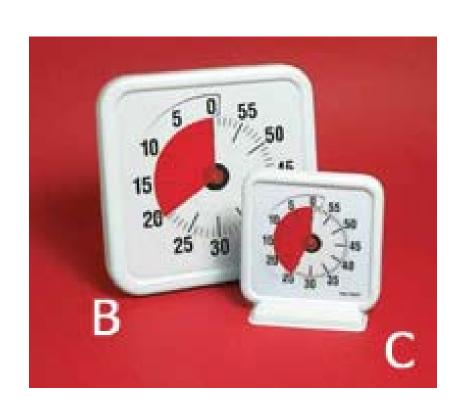








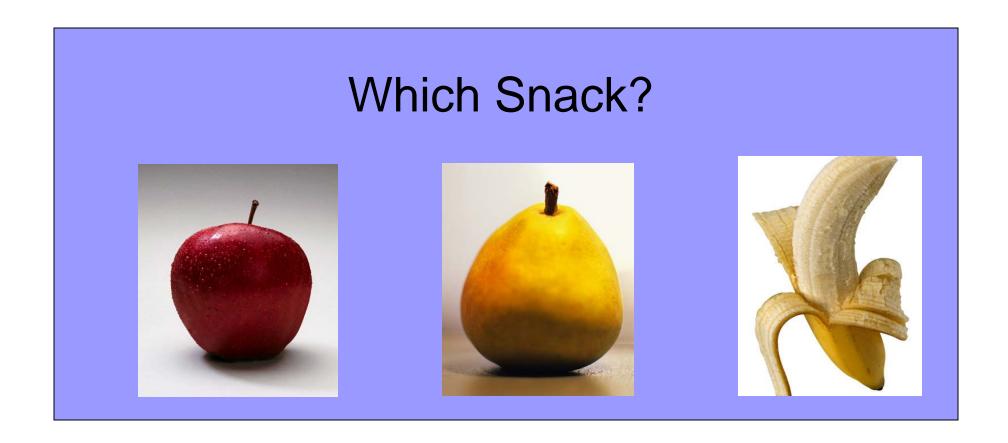
Visual Cues for Beginning and Ending Activities



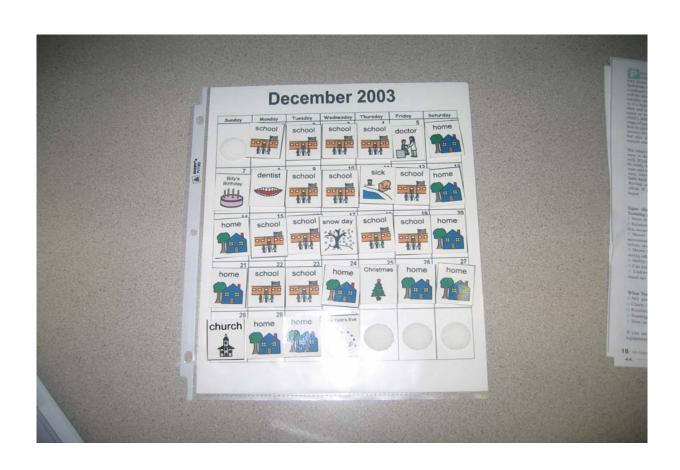




Choice Board



Home-School Schedule



Daily Schedule – Young Child





Social Story

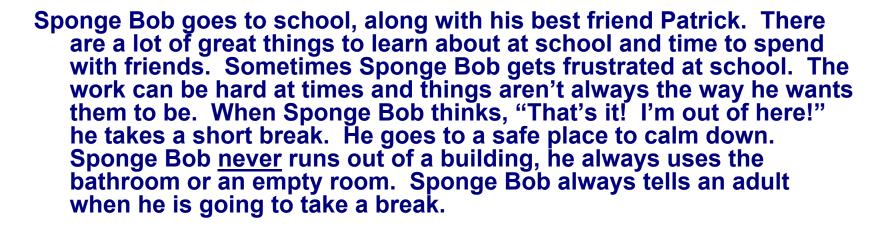


Getting everything right

At school, my teachers give me assignments. Usually I have to read a story or do a worksheet or write something. I like to do well on my assignments. This is good. Sometimes I worry that I have to do it perfectly. Sometimes I get upset if I get something wrong on a paper or test. My teacher likes it when I work hard but, my teacher knows that all kids get answers wrong sometimes. It is OK to get some answers wrong. When I get something wrong, I will try not to get upset. I will try to do my best work even if it is not perfect.



Sponge Bob Square Pants is one COOL guy.



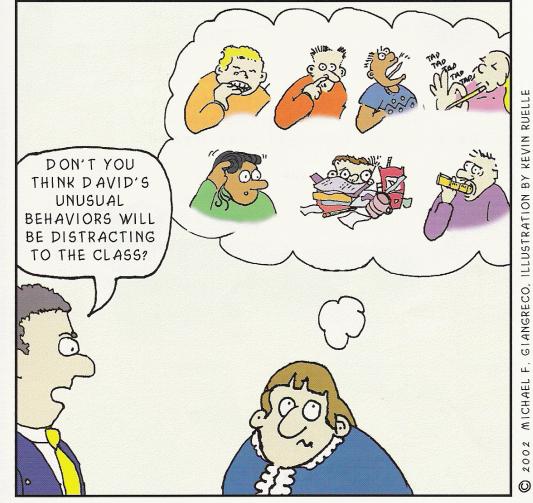
Sponge Bob wants everyone to know that it's OK to need a break at school. He wants you to remember these rules:

Take a break in the bathroom or an empty classroom.

Never run outside of the school.

Tell an adult that you need a break before you leave.

2. Consistent Behavioral Programming



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CONSIDERING HER STUDENTS WITHOUT DISABILITIES, MRS. BAKER REALIZES DAVID'S UNUSUAL BEHAVIORS AREN'T THAT UNUSUAL.



Positive Behavior Support

Strategies should:

- Eliminate environmental factors that predict failure
- Teach behavioral alternatives to support success:
 - □ Communication
 - □ Social Skills
 - Coping
 - □ Independence
- Reinforce appropriate skills

Positive Behavior Support (PBS) vs. Traditional Behavior Management

Behavior Management	Positive Behavior Support
Views the PERSON as the problem	Views the ENVIRONMENT &
	LACK OF SKILLS as the problem
Attempts to FIX the child	Changes the ENVIRONMENT &
	TEACHES SKILLS
Emphasizes REDUCING Problem	Emphasizes INCREASING appropriate
Behavior	behavior
Relies on NEGATIVE consequences	Primarily relies on POSITIVE
	approaches
Expectations of a QUICK fix	Focus on LONG TERM results
Designed by an EXPERT	Designed by a TEAM, including parents
Objective: MANAGEMENT	Objective: TEACHING



Behavior as Communication

- Have you ever:
 - Snapped at a family member or friend about something insignificant when you're in a bad mood
 - □ Sat in a meeting with arms and legs folded when upset
 - □ Stuck out your tongue at a rude driver (or worse)
 - □ Given someone the "silent treatment"

What does your behavior really mean?



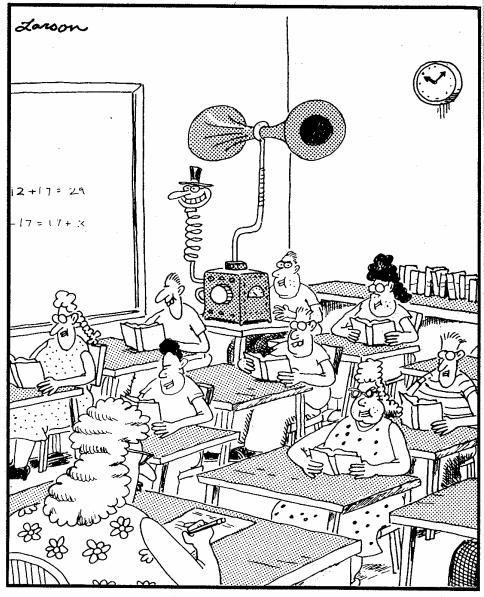
Behavior as Communication

- You have speech and the ability to communicate feelings and emotions.
- Consider students with ASD how do they communicate their needs, wants, frustrations?
 - They may not have speech
 - □ They may not have a communication system
 - □ They may have sensory sensitivities
 - □ They may not understand what they're being asked to do
 - □ They may not be able to express emotions

They need methods to communicate and manage their environment.

Responding Consistently to Errors Behavior Change Sequence

- Systematic, Organized, Consistent Response to Student Behavior
- Non-Punitive, Non-Verbal, Non-Emotional
- Objective Criteria
 - for Students
 - for Staff
- Time Away Area to Protect Dignity



The class was quietly doing its lesson when Russell, suffering from problems at home, prepared to employ an attention-getting device.

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If, ___ then, ___ contracts

■ How do you force yourself to complete aversive tasks?



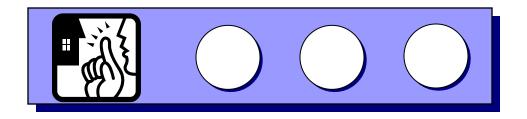
Calling the insurance company

Ironing

Ordering of activities (behavioral momentum or the Premack Principle)



Token Strip



3. Functional Communication Systems

Why is a FUNCTIONAL COMMUNICATION SYSTEM Universal?

■ Communication impairment is one of the core features of ASD.

- Having functional communication increases learning opportunities:
 - □ Reduces behavior problems.
 - Increases choice-making opportunities
 - Increases interaction opportunities
 - □ Allows for independent requesting

Communicative Forms

- Inappropriate Behavior
 - □ Aggression / SIB
 - □ Tantrum
 - □ Crying / Whining
- Adult as Tool
- Echolalia / Repetitive Language
- Gestures / Pointing
- Yes / No Responding (gesture/visual/words)
- Single Words (visual or verbal)
- Phrases
- Complex Communication

Considerations for the Development of a Functional Communication System

FUNCTIONAL

PERVASIVE / MOBILE

Promotes INDEPENDENCE

Works WITH the student's autism

Encourages INTERACTION with peers



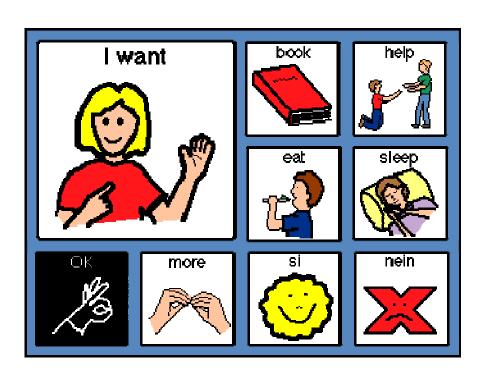
TEACH the Student to use it!! Communication systems MUST be explicitly TAUGHT

- HOW?
 - □ PAIR with currently used behaviors
 - Target REQUESTING (only communication that is under the student's control)
 - MAXIMIZE OPPORTUNITY
 - Preferred choices
 - OTHERS?
 - □ Use CONSISTENTLY in every ENVIRONMENT



Communicative Purposes

- Request
 - □ Object/Food/ Event
 - □ Adult to Act
 - □ OUT of Activity/Task
 - □ Help
- Choices
 - □ Person/ Activity/Object
- Protesting:
 - □ Change in Routine
 - Adult Action
- Indicate:
 - □ Pain / Affection
- Share Information
- Initiate Interaction w/ Peers
- Initiate Interaction w/ Adult
- Respond Appropriately (e.g. to a greeting/ question)
- Sustain Interaction (turn-taking for at least 2 exchanges)



4. High Quality Curriculum



General Education Access

- Placement versusBelonging
 - □ The student with ASD should be supported to be an active participant in the regular education classroom
 - □ We are ALL responsible for meeting the student's needs
 - Special education is no longer a place.



What is an "Appropriate" and "Motivating" Curriculum

Appropriate:

- Uses general education curriculum / environment with accommodations / modifications to teach skills / address goals.
- Focuses on areas of need (communication, social, behavior) to support socialization and independence skills.

Motivating:

- □ Uses unique preferences, interests, and preferred activities to maximize engagement.
- Provides choice-making opportunities to maximize engagement.

Learning Characteristics of Students with ASD Considerations for Programming

- Low motivation: Increase Level of Motivation
- Limited reinforcement repertoire: Increase response to variety of reinforcers
- Short attention span: Break tasks into small, measurable steps.
- Easily distracted: Reduce auditory / visual distractions
- Learn more slowly: Maximize Opportunities
- Poor differentiation between relevant and irrelevant stimuli: Focus attention / present only the stimulus considered essential.

5. Problem-Solving Approach (School and Family Team Using Data-Based Decision Making)



Team Process



Working as a team allows for a variety of perspectives and skill sets. This helps to:

- Accurately identify student strengths and needs
- Identify effective interventions
- Implement effective interventions
- Enhance accountability for outcomes



"Hey! Look what Zog do!"

Good Team Process		Poor Team Process
■Open communication is allowed and encouraged ■Problem solving process is implemented	T Talk	■Focus is on complaining ■Brainstorming is discouraged – new ideas 'shot down'
■Everyone contributes and is responsible for outcomes ■Everyone brings their own unique perspective to the task	E Expertise	■Only the autism "expert" and authority figures speak ■Only one individual is responsible for implementation (teacher consultant, special educator, etc.)
■Action plans are clearly developed and distributed to all team members ■All team members know "The Next Step"	A Action Oriented	■Members walk away from the meeting saying "What did we accomplish?"
■Set meeting times & an agenda are established ■Team members have established roles	M Meeting Mechanics	■Meetings are inconsistently planned and poorly attended ■Key players are not always in attendance, leading to inability to make decisions



Family Involvement

- Children live in a family system that is dynamic it is constantly changing
- Focus on family strengths and accept their differences
- Families need resources: financial, emotional, physical... If a family struggles, so will the child
- Families need skills and knowledge
- Families have skills and knowledge
- Families will search for answers and direction
- Family-centered collaboration is necessary and leads to more effective teaming and planning



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HOME PROGRAMMING COLLIDES WITH HOME REALITY! Personnel Support (staff and peers)



Paraprofessional Supports

Examples of Paraprofessional roles from "How To Be a Para Pro" (Twachtman-Cullen, 2000)

Parrot para Repeats teacher's
words, uses many
verbal prompts



Traffic cop para - Takes full charge of social situations, answers for the student; all social interactions must first go through the traffic cop paraprofessional

Helicopter para - Hovers over the student, is overly-attentive; student often becomes prompt dependent

■ Fire fighter para - Attends to the student only when behavioral outbursts occur; misses preventive opportunities, focuses on reactive procedures



Paraprofessional Roles

Support the student in interacting effectively with the	9
environment:	

- □ Material/desk organization
- Academic accommodations / modifications
- □ Socialization systems
- Provide additional learning opportunities:
 - □ Prompts
 - □ Behavioral systems
- Assist the student in learning systems or using tools that allow for optimal participation in the school environment:
 - □ Visual Schedules
 - □ Communication systems

Assumptions / Principles of Paraprofessional Support

- The intent of paraprofessional support services is to promote independence, not dependence. 1:1 paraprofessional support can prevent opportunities for interaction between the students with ASD and general education students.
- Paraprofessional support should only be provided when the student needs direct academic, behavioral or social support.
- Supervision / monitoring of paraprofessionals must be ongoing.

Peer Supports

- Benefits of peer supports
 - Peers model ageappropriate behavior and skills
 - Students with ASD are often more motivated to learn from peers than from adults







WHY is Peer to Peer Support Universal?

- Impairments in social development is one of the core features of ASD.
- Programming for social needs is critical for students with ASD.
- Reciprocal social interactions and other appropriate social behavior in integrated settings should be targeted.
- Access to peers supports the acquisition and generalization of appropriate social behavior.



Peer Supports

Creating Opportunities for Peer Interactions:

- Provide peers with information about the student with ASD
- Identify the setting opportunities (general education classroom, reverse mainstreaming)
- Provide medium of exchange opportunities
 - What is the medium of exchange? Any material, task, prop, interest area, etc. that connects a student with autism to a general education peer

7. Modifications and Accommodations



Academic Modifications and Accommodations

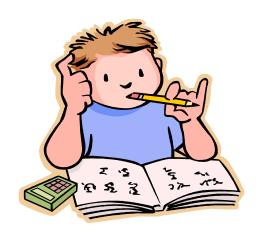
- What are they? How do they differ?
- What can they do for the student?
- Who does them?
- How can you learn more about making them?



Differentiating Instruction

All students need different levels of instruction.

- For students with ASD, accommodations and modifications may be made to:
 - □ Goals for participation
 - □ Amount of work completed
 - □ Quality of work completed
 - □ Speed of completion
 - □ Expected levels of participation



All will be individualized!!



How would you help this student?

Spelling Test Activity

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Social-Communication Goals

 Embed numerous opportunities to practice social and communication skills throughout the day

- Opportunities must occur with multiple people in multiple environments
- Involve peers
- Social-communication goals may be most easily achieved in the general education setting



Individualizing

Recognizing Uniqueness:

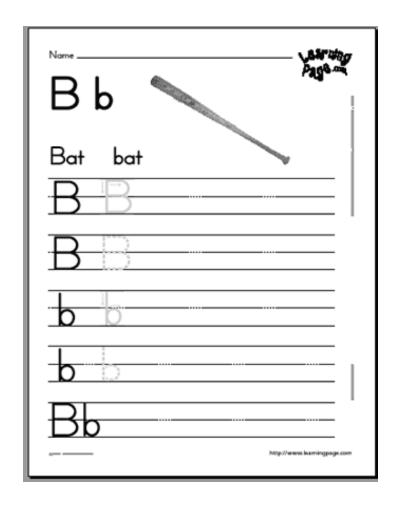
- Understand the disorder
- Re-label "oddities" as "uniqueness"
- Focus on potential
- Respect choices and preferences

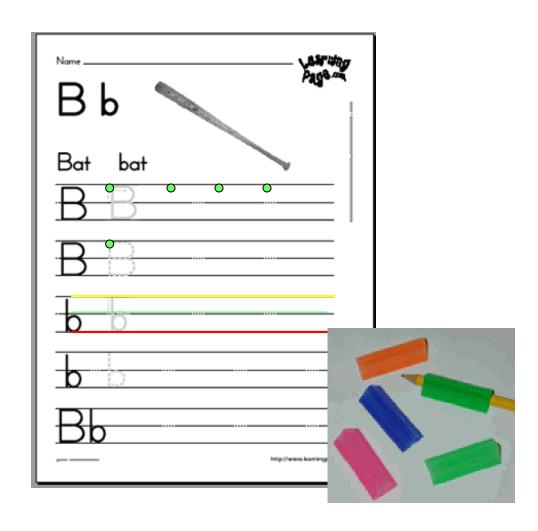






Sample Academic Accommodations





Academic Samples





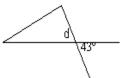
Year 7 - Angles test - May 2001

- 1) Draw a pair of axes ranging from -5 to 5. On your graph draw the line y=x+1 with the aid of a table. Now, without using a table draw the line y=x+2.
- 2) Solve the following equations: (SHOW WORKING, NOT JUST A SOLUTION)
 - a) 2x=6
- b)2x+1=7
- c) 9x-2=25
- d) 5x+1=2x+7

- e) 6x-7=4x+8
- 3) Calculate the missing angles:



b)





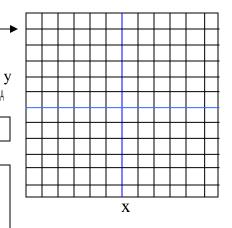
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- 2) Solve the following equations: (SHOW WORKING, NOT JUST A SOLUTION)

a) 2x=6 b)2x+1=7

2x=6





3) Calculate the missing angles:





b) 45 $^{\circ}$ = (d)_____



- c) $40^{\circ} + 40^{\circ} = 80^{\circ} 360^{\circ} =$ (e + g) / 2

a) $57^{\circ} + (a) = 90^{\circ} = 180^{\circ}$

d) b= 91 $^{\circ}$ + h=47 $^{\circ}$

М

Summary

What Are Universal Supports?

- Visual Strategies
- Consistent Behavior Programming
- Functional Communication System
- High Quality Curriculum
- Problem-Solving Approach (School and Family Team Using Data-Based Decision Making)
- Personnel Support (staff and peers)
- Modifications and Accommodations



Application

- Complete the self-assessment "Appropriately Supporting Students With Autism"
- What are your areas of strength?
- What are your areas of weaknesses?



Your PD goals

- Based on those results, what are your needs for professional development?
- What training opportunities and other resources are available to you?
- Evaluation and feedback:
 Please take the time to
 tell us how we can help
 and what your needs are!





Thanks!