




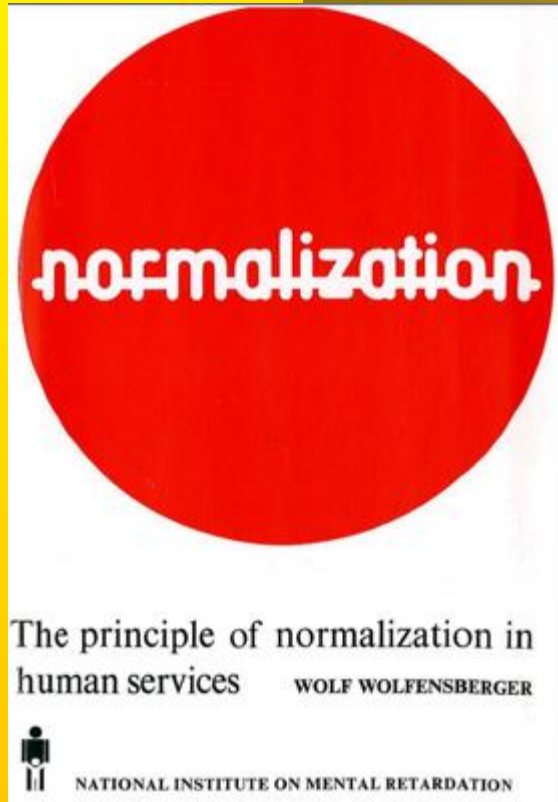
SKILLS CAPITAL

How investing time and hard work now in practicing some of these overlooked skills areas will lead to dignity and fulfilled lives when we're gone (or before, so we can enjoy watching them grow!).

- 
- NORMALIZATION AS THE LITMUS TEST
 - STARTING WITH US (THE CAREGIVERS)
 - PHYSICAL DIGNITY
 - BEST HOUSEMATE
 - INTENTIONALLY COOL

SKILLS CAPITAL

- SOFT & SQUISHY
- OPENING DOORS



The Principle of Normalization

Dr. Wolfensberger first gained prominence by his teaching and promotion of the principle of normalization. Normalization originated in the Scandinavian countries in the late 1960s, and was first applied only to mentally retarded people. Its 1969 formulation by the Swede Bengt Nirje called for “making available to the <mentally retarded> patterns and conditions of everyday life which are as close as possible to the norms and patterns of the mainstream of society.”

The Principle of Normalization

This should be your guiding star: for every question you have regarding *“how should I approach this?”* The answer should be *“how would I approach this with anyone else?”*

CONQUER THE EMOTION

This has to begin with YOU

So many layers...

- Nurturing instinct that doesn't mature
- Not enough time
- Guilt
- Survival
- Fear
- Lack of realization
- LOVE





(pssst: remember normalization!!)

Arm Yourself

- Commit to opening yourself up to vulnerability & truth, & to preparing for change
- Reach out to others on the journey
 - *“Parent support groups which allow families to share advice, provide support, and explore resources lessen the possibility of maladjustment. These groups not only allow the families to have a support group, but they also raise community awareness of the needs of the persons with disabilities and their families.”**
- Consider therapy
- Get buy-in from the entire household
- Create a plan

(pssst: remember normalization!!)

INVEST IN PHYSICAL DIGNITY

*Strive to reach the highest level of
independence possible in personal care*

💬 IF FOR NO OTHER REASON...

- ▶ Self esteem
 - ▶ Living with **low self-esteem** can harm your **mental health** and lead to problems such as depression and anxiety.
- ▶ Vulnerability
 - ▶ The more hands-on assistance your loved one needs, the more vulnerable they are to abuse & neglect.

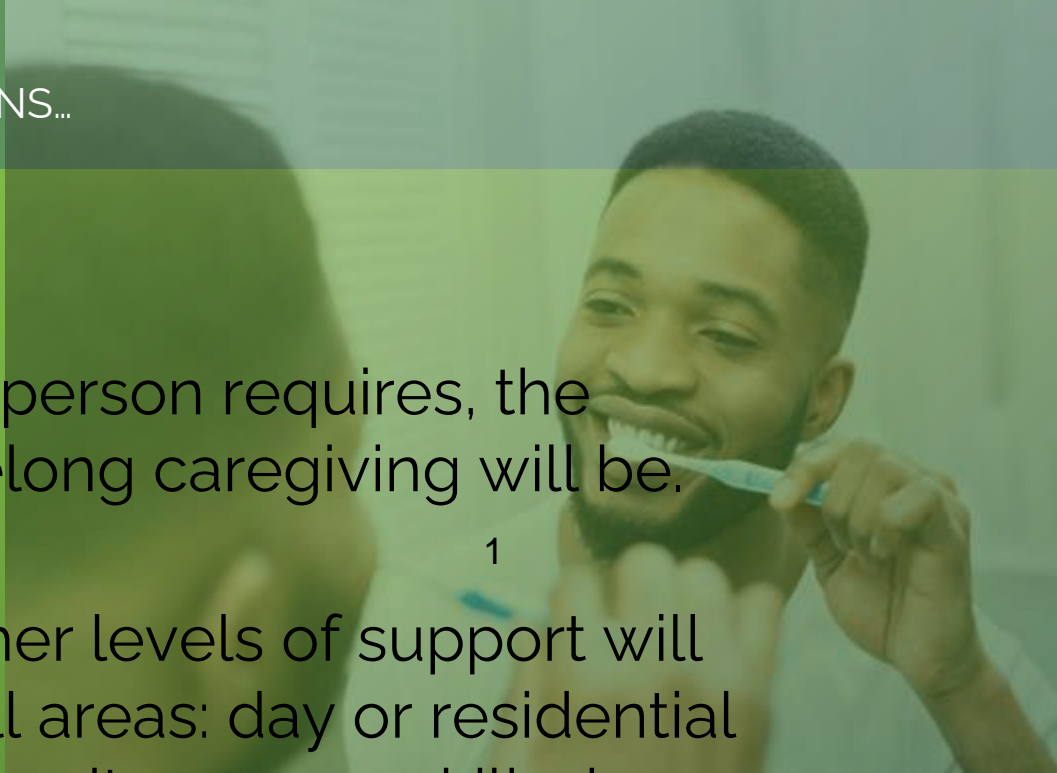


1. <https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/#:~:text=Living%20with%20low%20self%2Desteem,as%20a%20way%20of%20coping.>



BUT THERE ARE OTHER REASONS...

- ▶ Financial
 - ▶ The more support a person requires, the more costly their lifelong caregiving will be.
- ▶ System supports
 - ▶ Folks who need higher levels of support will be more limited in all areas: day or residential opportunities, community access, skilled care (vs respite or coaching).





- ▶ **Visual Supports:** Visual supports for self-care and household activities and personal care. These supports include both step-by-step written directions and picture directions. There is a cost for these visuals (downloadable, \$25 for families; additional prices for group homes and organizations).

<http://autismhousingpathways.org/visual-supports/>



- ▶ **How Do I?:** A list of useful links showing techniques for performing basic living skills. Includes basics of financial management, community functions, body & health, household and cooking.

1

<http://autismhousingpathways.org/wpcontent/uploads/2018/03/How-do-I-03-18.pdf>



- ▶ **Teen & Adult Behavioral Support with ABA:** Sean Daly, BCBA, runs Evolve ABA. Evolve ABA utilizes the principles of Applied Behavior Analysis to reduce problem behavior and increase skills for adults, college students or older teens on the autism spectrum.

Email: sdaly@evolveaba.com



AND THE AWARD FOR THE BEST HOUSEMATE GOES TO...

*What kinds of things define an awesome
space sharer?*

Whether in the family home or elsewhere!!!

A woman with long brown hair is smiling and cleaning a window with a large yellow sponge. The window is covered in white soap suds. The background is a bright, slightly blurred indoor setting.

HUGE LEAP!

CHILD in the house → ADULT in the house

(pssst: remember normalization!!)

Whether in the family home or elsewhere!!!

- ▶ Same reasons we cite for physical dignity apply here:
 - ▶ self esteem
 - ▶ Vulnerability
 - ▶ Financial
 - ▶ Systems supports





Article: 6 Independent Living Skills Kids Need
Before Moving Away From Home
(or even if they're staying home!)

<https://www.understood.org/en/school-learning/choosing-starting-school/leaving-high-school/6-independent-living-skills-kids-need-before-moving-away-from-home>



Article: Autistifying my habitat!: Written by an autistic adult, this article has excellent tips for organizing thoughts, creating communication streams that work, and managing schedules, chores, needs, etc.

<http://timetolisten.blogspot.com/2012/08/autistifying-my-habitat.html>



Article: How to be a great housemate: *"While we can't force your housemates to behave, we can give you some tips to make sure you aren't the difficult housemate that everyone else complains about."*

<https://insiderguides.com.au/great-housemate/>

(pssst: remember normalization!!)



- ▶ **Being a good tenant:** In this free online course, you will get the background you need to find a place to live, live as independently as possible, maintain your home, and understand your rights and responsibilities as a tenant.

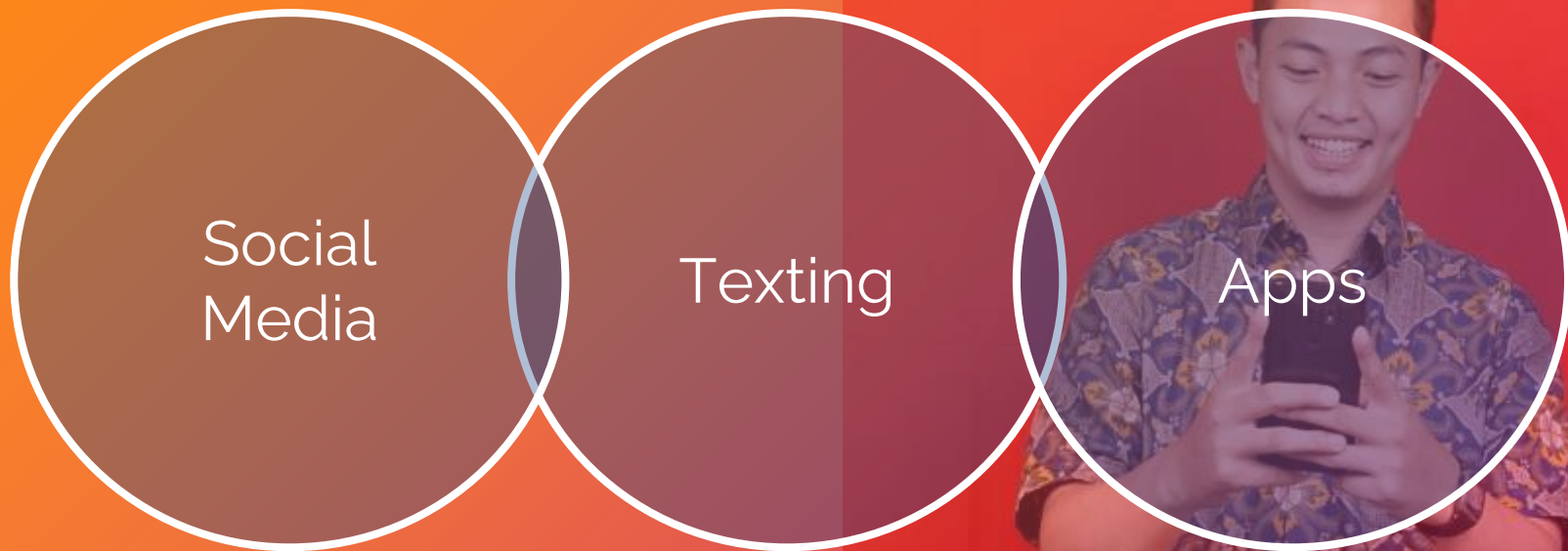
<https://ahphousing.teachable.com/p/a-place-of-my-own>



INTENTIONALLY COOL

Be aware of the new norm of social connectedness and technology in every area of our lives. They can help our loved ones reach higher skill levels than ever before.

LIKE IT OR NOT...



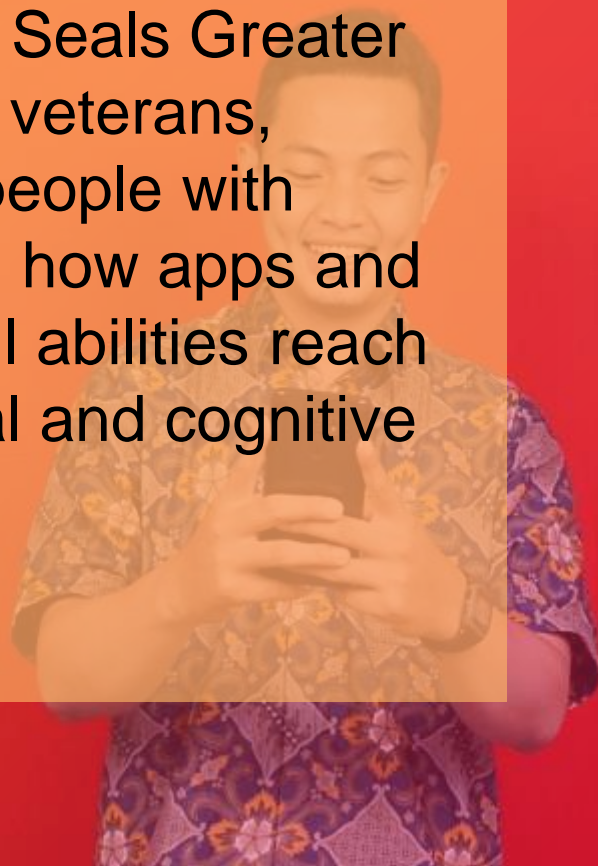
(pssst: remember normalization!!)

LIKE IT OR NOT...

BridgingApps, a program of Easter Seals Greater Houston, is a community of parents, veterans, therapists, doctors, educators, and people with disabilities who share information on how apps and mobile devices can help people of all abilities reach their highest levels of physical, social and cognitive development.

[**https://bridgingapps.org/**](https://bridgingapps.org/)

(pssst: remember normalization!!)



LIKE IT OR NOT...

Internet Safety for Teens with ASD	https://csesa.fpg.unc.edu/sites/csesa.fpg.unc.edu/files/Internet%20Safety%20for%20Adolescents%20with%20Autism.pdf
Internet Safety Guide for People with ASD	https://www.wizcase.com/blog/internet-safety-guide-for-people-with-autism-spectrum-disorders/#8
Teaching Students with Disabilities about Online Safety	http://www.idonline.org/article/61320/

(pssst: remember normalization!!)



SOFT & SQUISHY

*Those skills most of us develop naturally
often need extra attention and an intentional
approach.*



SOFT SKILLS



TEAM SPIRIT



SELF-CONFIDENCE



COMMUNICATION



EMPATHY



ASSERTIVENESS



PERSONALITY

SOFT SKILLS



Team spirit

Self confidence

Manners

Problem solving

Assertiveness

Emotionally
Prepared

Joyful!
Desirable!
Good Friend!
Safe!
Strong!
Confident!

Ready for
Authentic
relationships

Empathy

Reciprocity

Compassion

PRINCIPLE OF NORMALIZATION!!!



SOFT SKILLS



TEAM SPIRIT



SELF-CONFIDENCE



COMMUNICATION



EMPATHY



ASSERTIVENESS



PERSONALITY

Social Skills exercises, emotion and picture communication methods:

This website provides thousands of free pages with social skills and behavioral regulation activities and guidance, learning songs and games, communication cards, academic material, and transition guides for employment and life skills.

<https://do2learn.com/>



OPEN THE DOORS & EXPLORE!

*Develop the confidence to try new things, and
the openness to new experiences*

FLEXIBILITY = LIFELONG LEARNING = FULL LIFE

- ▶ We build fortresses of care with strict routines and try to so hard to avoid change, sometimes because that's how we survive and/or our loved ones seek the kind of comfort that routine brings. Routine and predictability has many benefits.

(pssst: remember normalization!!)

🗨️ FLEXIBILITY = LIFELONG LEARNING = FULL LIFE

▶ PRINCIPLE OF NORMALIZATION!!!

Is life always predictable? Do we rely on skills we had to learn to adapt to change, whether or not the change is welcome?

Do we learn more the more we try? Have you tried something new and realized how much joy it brings you?

(pssst: remember normalization!!)

HERE ARE SOME IDEAS FOR NEW IDEAS

- ▶ Volunteering just once at an event that is of interest
- ▶ Rotating chore schedule
- ▶ One new trip per week
- ▶ Keep a log: where or what, level of interest expressed, try again? Yes/no
 - ▶ If yes, try again somewhere else, with someone else, at a different time, etc.

HERE ARE SOME IDEAS FOR NEW IDEAS

- ▶ Autism Hikes!
<https://www.meetup.com/Autism-Hikes/>
- ▶ Autism Eats!
<http://www.autismeats.org/about.html>
- ▶ Bridgewell Disability Services online exercise & yoga (Facebook)
- ▶ Northeast ARC online game nights (Facebook)

SUMMARIZE

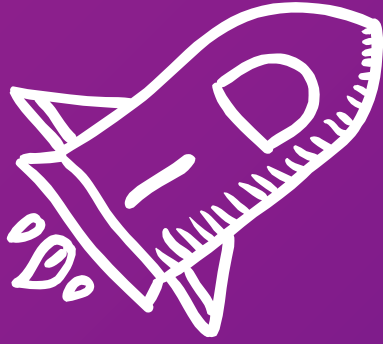
Here are the takeaways in the simplest of terms....write them down

- ADL's & personal care
- Sharing spaces with other adults (good housemate)
- Technology & current ways people connect
- Authentic, natural human interaction
- Flexibility & exploration

SUMMARIZE

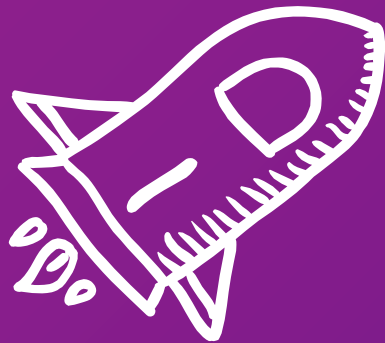
Here are the takeaways in the simplest of terms....write them down

EMBRACE THE PRINCIPLE!



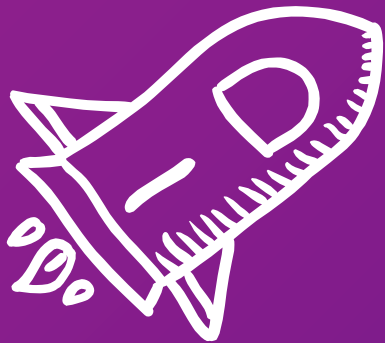
action!

- ▶ Connect with other adult caregivers for support
- ▶ Create a list of the ADL's & personal care support you are performing: what are you doing, what level of support are you providing, is it possible to increase independence...connect with a behavior specialist who can help



action!

- ▶ Recruit others to help! Pay them if you have to! They can help with absolutely every recommendation we've discussed.
 - ▶ ADL's – housekeeping chores, cooking
- ▶ Communication skill building using technology
 - ▶ Gentle but firm dialogue coaching
- ▶ Inviting your loved one to activities they enjoy



action!

- ▶ Make a list of new things to try, mark one day per week to try something simple and one day per month to try something bigger
- ▶ REMEMBER THE PRINCIPLE! Start with “what would I expect or do with anyone else?”

thanks!

Being Person-Centered
with Cheryl Ryan Chan



Sometimes
The most difficult conversations
The most painful memories
The most shocking revelations
Are the ones that make us better.

You are NOT alone

Keep loving FIERCELY
Keep teaching DAILY
Keep pushing LOVINGLY

watch your loved one FLY!



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THESE SLIDES CAN BE FOUND AT: <https://www.slideshare.net/cherylryanchan>



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