Understanding and Supporting Children with Autism using Visual Supports

SUPPORT AUTISM
WITH LOVE
PATIENCE
UNDERSTANDING

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NAOKI HIGASHIDA

"One of the most remarkable books I've ever read."
—JON STEWART, *THE DAILY SHOW*

NEW YORK TIMES BESTSELLER

THE REASON I JUMP

The Inner Voice of a Thirteen-Year-Old Boy with Autism

Introduction by
DAVID MITCHELL
Translated by KA Yoshida & David Mitchell

MUST HAVE
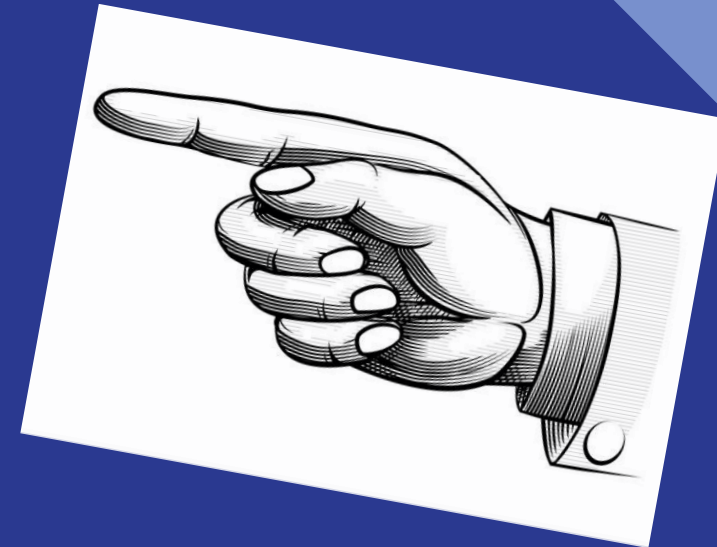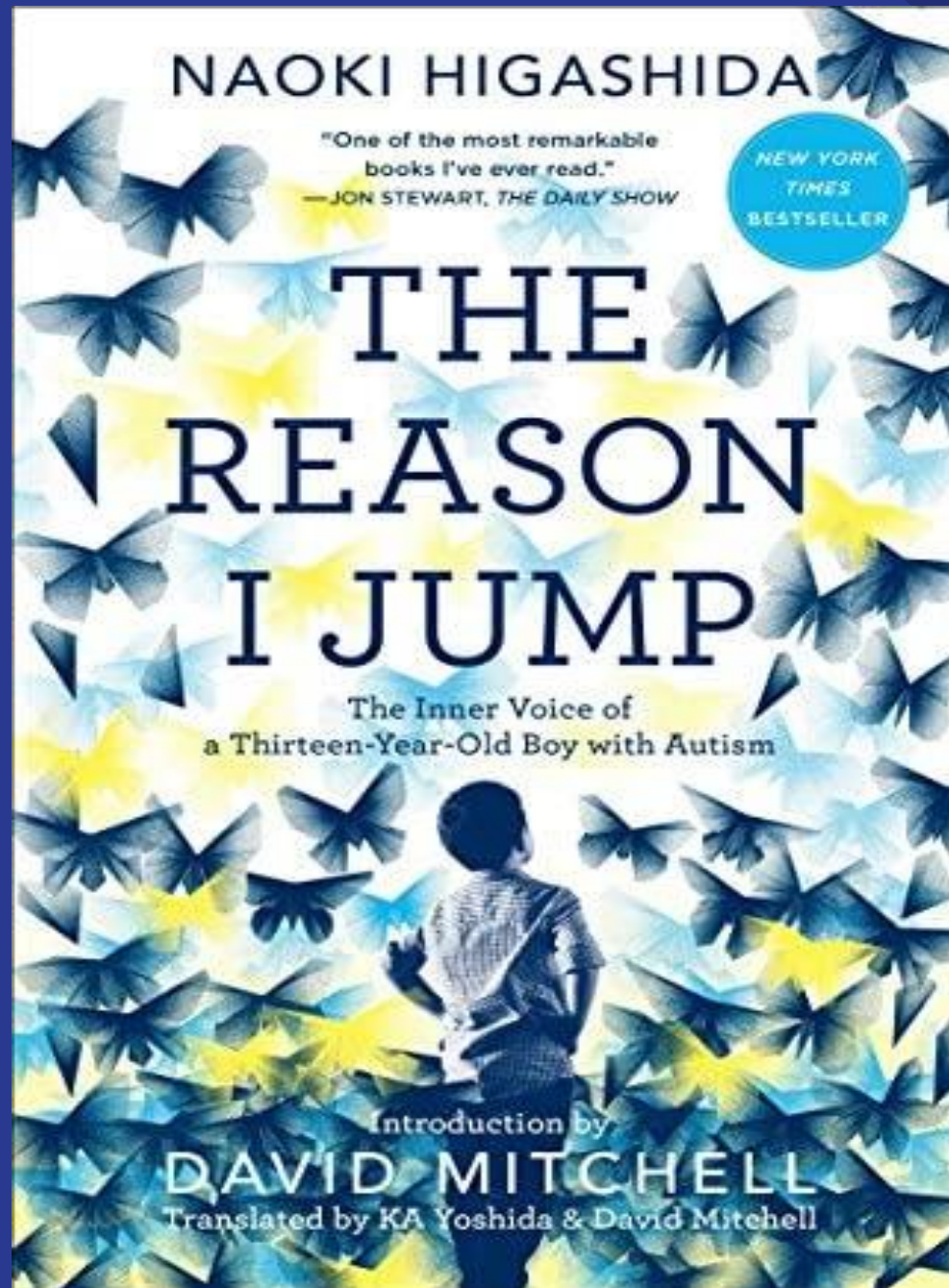
What is Autism?

Autism spectrum disorder is a developmental disorder marked by impaired social interaction, limited communication, behavioral challenges, and a limited range of activities and interests.

In 2021, the CDC reported that 1 in 44 children in the US is diagnosed with ASD. It is four times more common in boys than girls.

What is CAPTAIN?

The California Autism Professional Training and Information Network (CAPTAIN) is an interagency network developed to support the understanding and use of evidence based practices (EBPs) for individuals affected by Autism across the state of California.

What is CAPTAIN?

❖ The CAPTAIN website gives informational presentations, infographics, modules and training on all 28 evidence based practices (EBPs) as well as all things Autism.

❖ Separate information is geared for families.

❖ www.captain.ca.gov

Evidence Based Practices (EBP)

Evidence-based practices (EBP)
Are an instructional/intervention procedure or set of procedures for which researchers have provided an acceptable level of research that shows the practice produces positive outcomes for children, youth, and/or adults with ASD.

Why do we use EBPs?
Research has demonstrated that individuals with ASD benefit from early intervention and appropriate interventions throughout their lifespans.
Learning does not stop at age five.
Individuals with autism benefit from treatments that integrate *evidence-based approaches*, such as behavior analytic techniques and visual supports, to target the skills that are most relevant to that person's life.

Take a look at this scenario:

Imagine, for example, you learn from your doctor that you have a medical condition.
Your doctor tells you that you must begin a course of treatment immediately.
Which treatment would you choose?

Treatment A

- Has been subjected to a great deal of rigorous scientific research
- Worked for most people, most of the time
- Is rated as very effective

Treatment B

- Has been used in one or two research studies
- Supported by a few anecdotal reports
- Is rated as moderately effective

Naturally, most people would choose Treatment A because there is _scientific evidence_ that it works, as opposed to only anecdotal evidence for its effectiveness.

Given the choice between a practice or a program that is **evidence based** and one that is not, the clear choice is to implement the evidence-based program or practice.

Types of Visual Supports
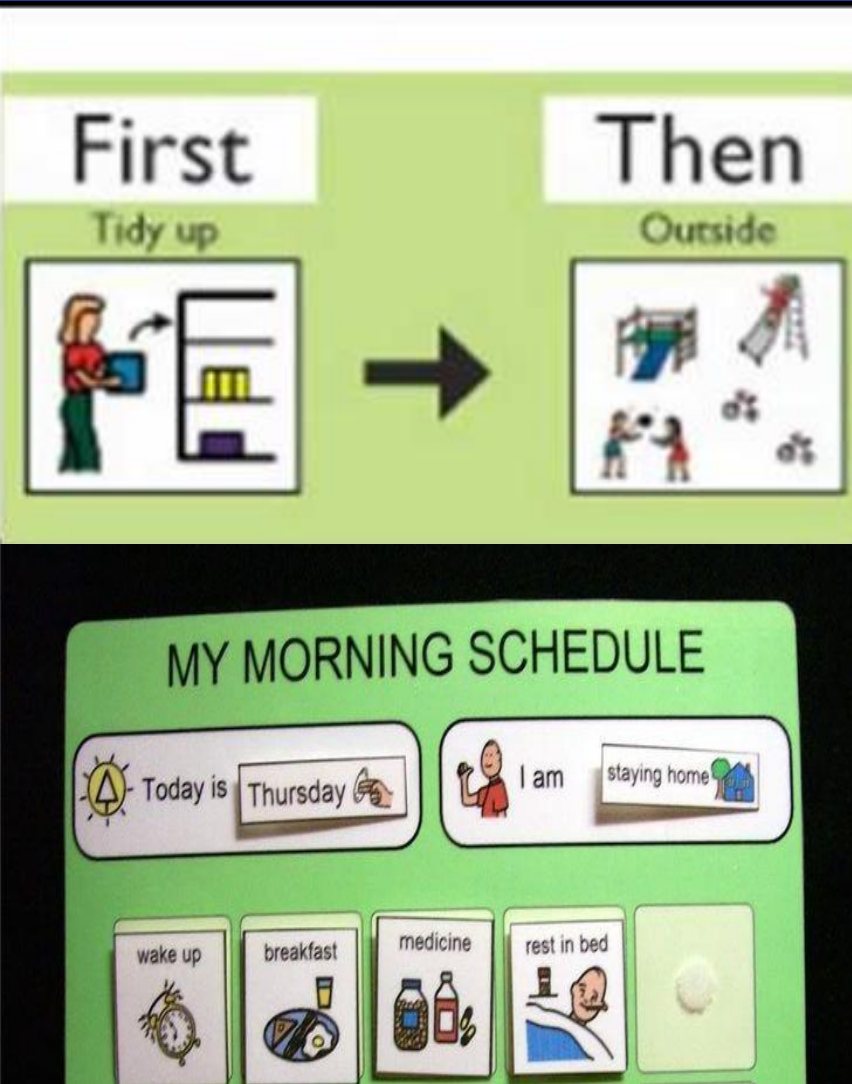
- Pictures
- Written words
- Objects within the environment
- Visual boundaries
- Schedules
- Maps
- Labels
- Organization Systems
- Scripts

Visual Supports
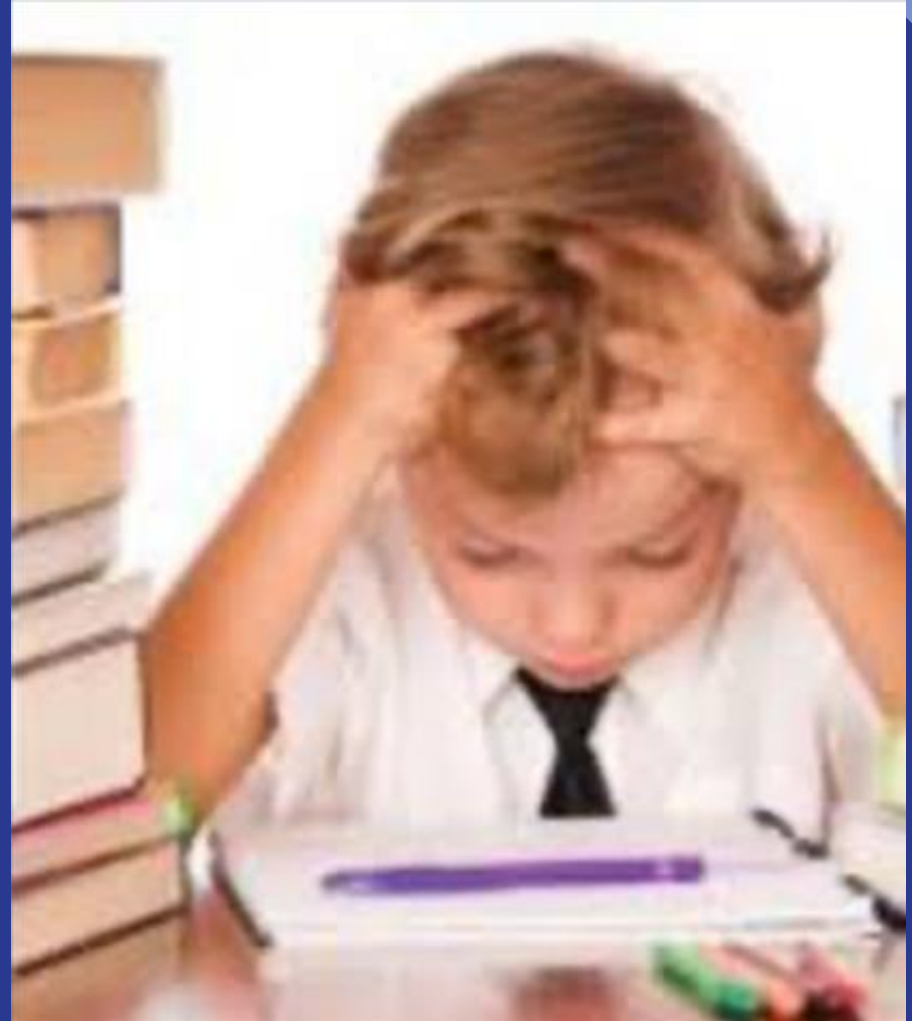
Why use visual supports?

When we present information verbally, the words are only available for a brief moment.

When we present information **visually**, it can be there for as long as the individual needs it.

Visual Supports

Needs to Visually Answer 3 Questions:

1. How much work?
2. When is it finished?
3. What's next?

Visual/Physical Boundaries and Structure

- Visual/Physical boundaries and structure are a specific type of visual support that use furniture arrangement, labeling, and color coding to make the use of a particular space more obvious and clear
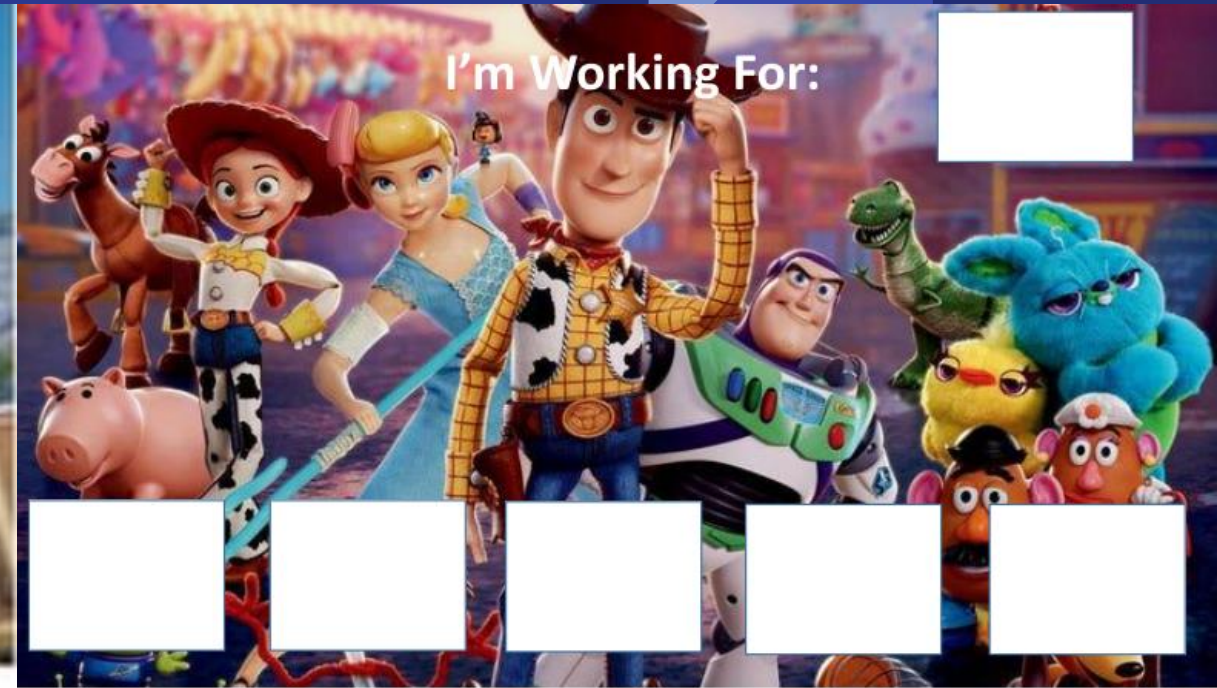
Visual/Physical Structure

Areas are clearly defined with barriers, signs, and specific materials to clarify expectations.

Token Economy Systems
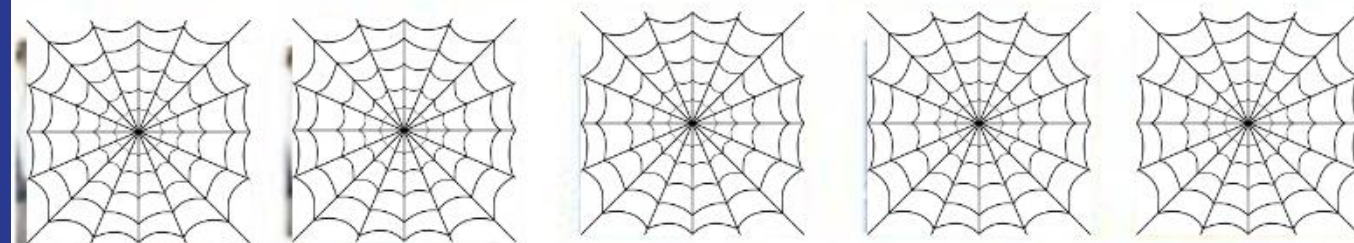
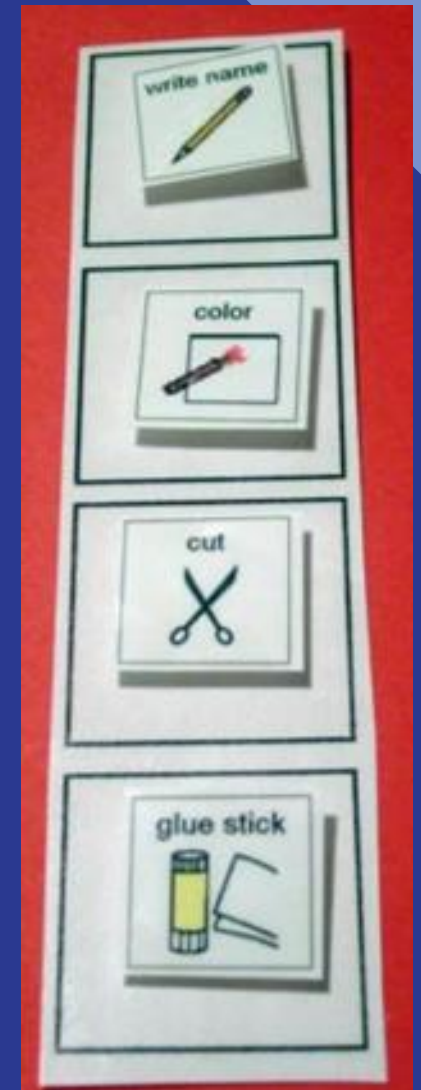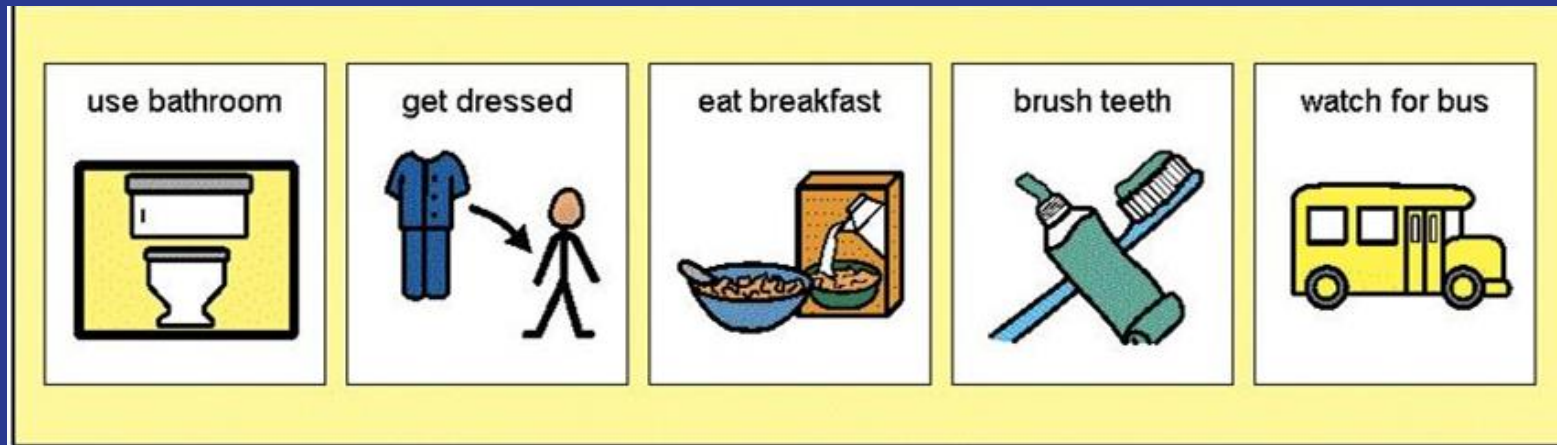Personalize them to your child's interests.

Visual Cues

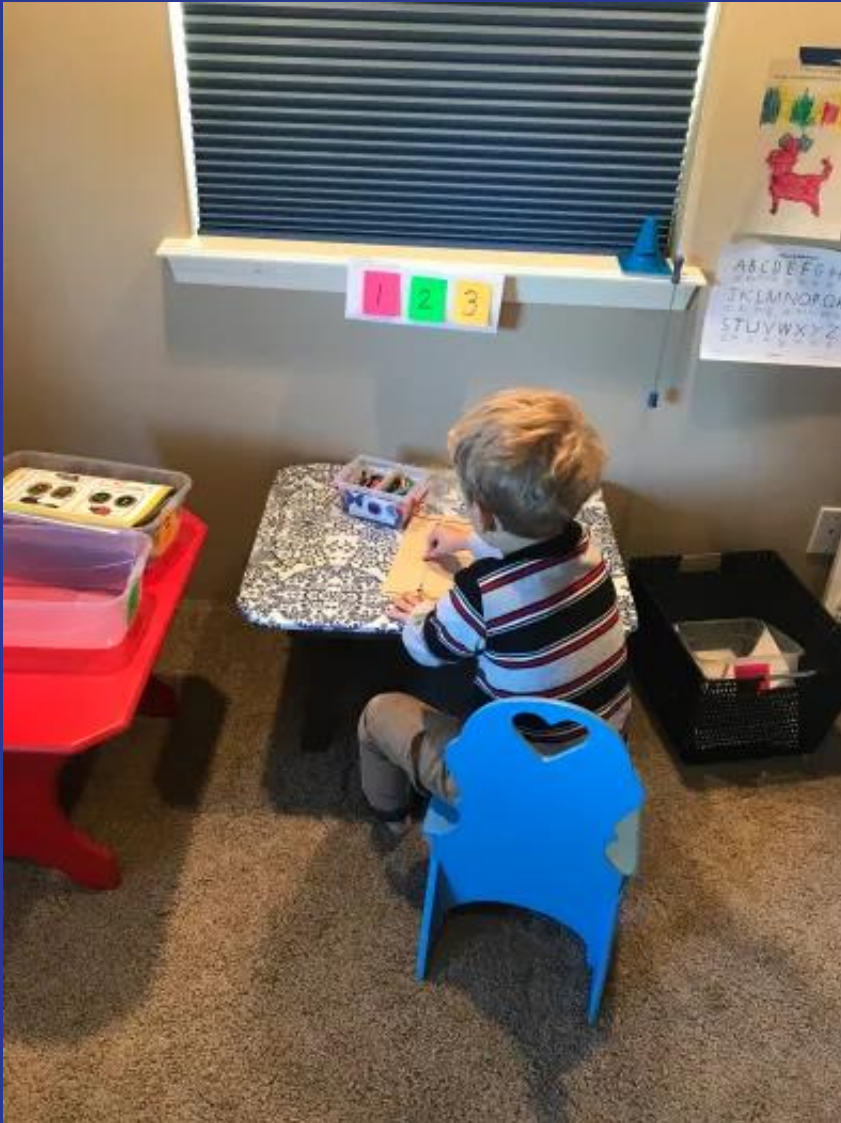❖ Help identify or clarify expected behaviors
➢ Rules
➢ Sequences

Visual Cue Examples
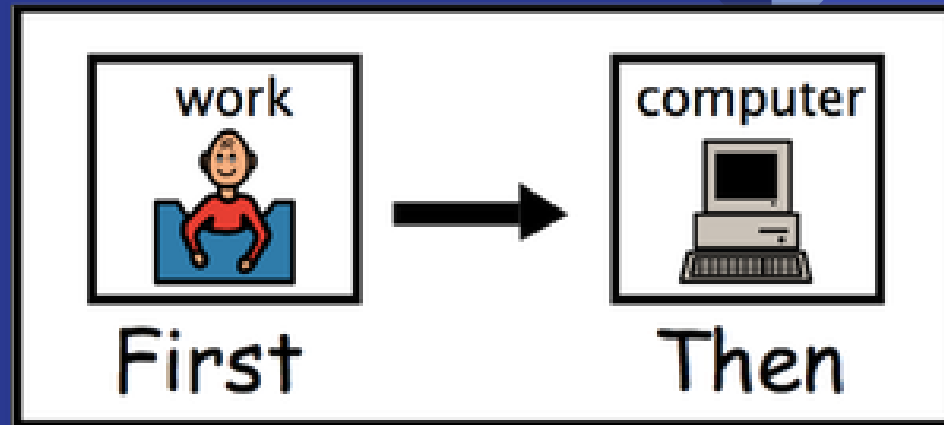
Visual cues help identify or clarify expected behaviors

Types of Work Systems at Home:
Left to Right and Check Off

First-Then
Visual Schedule System

❏ **Great to show a preferred activity is following a non-preferred activity.**

❏ Identifies the order of activities.

❏ May be used in a variety of settings.

❏ Great tool for helping with transitions.

❏ A timer can be attached to the system if needed.

First-Then Schedules

A Virtual Experience

https://youtu.be/OtwOz1GVkDg

Questions?