

Behavioral Supports for Adults

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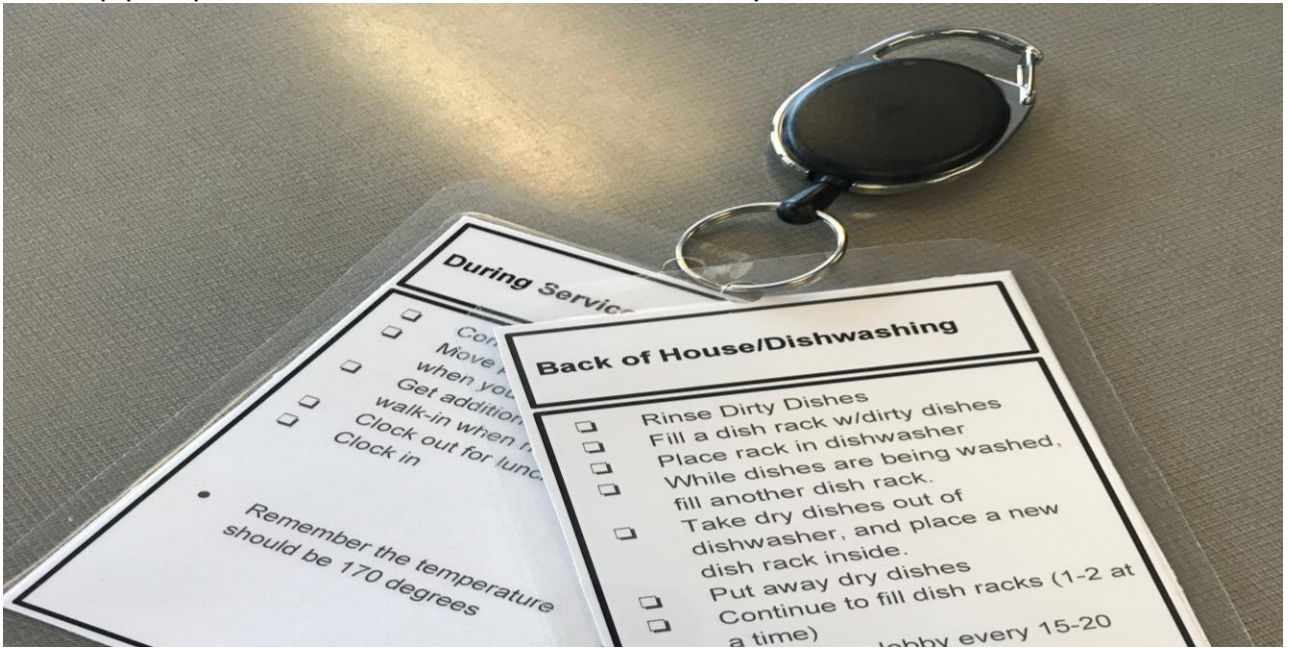


Skills needed in most post school environments

- A universally understandable, accessible communication system
- Appropriate work skills taught at as high a level as appropriate and possible
- As many appropriate social behaviors as possible
- Ability to self-regulate
- Ability to follow some type of schedule or routine independently and manage free time
- Independent self care

(Mesibov, 1998)

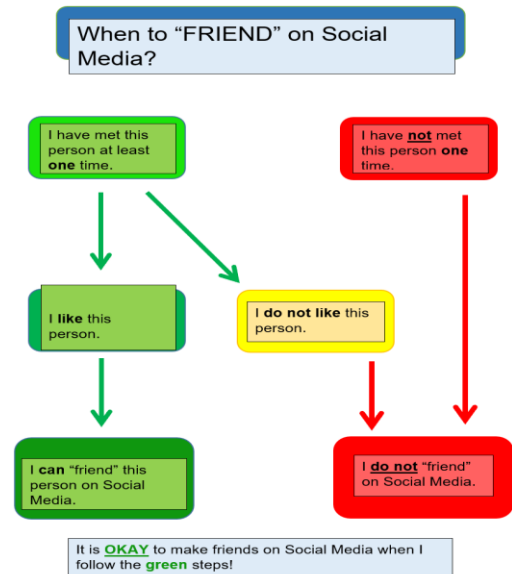
Appropriate Work Skills: Task Analysis



Social Supports: Navigating unwritten rules

Teach Rules

- Acceptable use of phones and computers at work and home
- Appropriate romantic targets
- Red topics/Yellow Topics/Green Topics
- Friending people on social media
- Public vs. Private Behaviors



Self-Regulation: Teaching Replacement Behaviors

Take a Break/Calm Down

| I Feel | I need |
|-------------|--|
| Anxious | A walk outside |
| Depressed | 5 minutes to talk to a friend at work |
| Tired | A cup of coffee |
| Overwhelmed | To write a list and then prioritize my tasks |
| Unmotivated | To identify a reward for myself that will get me through the day |

Way to refuse

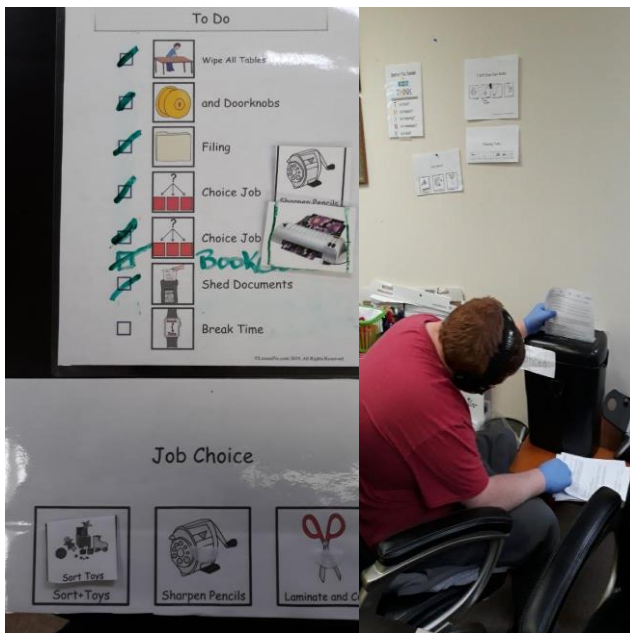
Can we talk about this later?



During Break I can...



Following Schedules Using : High probability Request Sequence



Example of the Premack Principle

Date: 11 / 16 /19

Project: Artificial Intelligence/Deep Learning

TO-DO LIST

| P | Task | Due | Complete |
|---|--|---------------|--------------------------|
| 4 | Calibrate sensors on system | Tuesday 11/19 | <input type="checkbox"/> |
| 3 | Prepare slides for Shareholder Meeting tomorrow | tomorrow | <input type="checkbox"/> |
| 5 | Check Autonomous Hardware Program | Friday 11/22 | <input type="checkbox"/> |
| 2 | Run simulation | today | <input type="checkbox"/> |
| 1 | Check systems requirements with contracting partners | today | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |
| | | | <input type="checkbox"/> |

Independent
Self Care:
Social Stories

I am an adult so I have to do my own laundry.

