Self-Managing Health

For Youth and Young Adults with Autism
Concerns

- Understanding your own condition
- Being able to tell others about it (if appropriate)
- Knowing your own treatment needs
  - Being able to explain those to others
- Knowing when to take your medications
- How to order a refill or pick up a prescription at the pharmacy
- Knowing when to go to the doctor
  - Or knowing what you can and can't do
  - Making sure that there is someone to help you do the things you can't do on your own
- A plan for staying healthy
- Identifying a Primary Care Physician (PCP)
Tools

- Self-Management
  - Self-monitoring
  - Self-evaluation
  - Self-reinforcement

- Schedules
  - Picture
  - Technology

- Communication
  - Recruit assistance
  - Share information
Where to Start?

- Communication
  - Verbal
  - Signs
  - Pictures
  - Function over Form

- Schedules
  - Pictures
  - Starting simple
  - Not under-estimating ability
Using Prompts

- Physical
  - Hand over hand
  - Physical prompts from behind
  - Less intrusive physical prompts

- Models
  - Depends on ability to imitate
    - May dictate form of communication
  - Teaching motor imitation
  - Teaching vocal imitation

- Gestures

- Verbal
Enhancing Schedules

- Incorporating technology
  - Take advantage of PDAs and smart phones
    - Cost
    - Socially acceptable

- Incorporating Self-management
  - Self-monitoring
  - Self-evaluation
  - Self-reinforcement
Schedules ≠ Communication

- Every individual should still have some way to communicate their wants and needs
  - Recruiting assistance
  - Sharing information
Goals?

- Maintenance
  - Ability to continue to use functional communication and schedules across time

- Generalization
  - Ability to use functional communication and schedules in multiple settings (not only in the classroom or not only at home when parents are present, etc.)
  - Fading prompts
  - Testing real-life situations
Goals?

- If individual can utilize both the functional communication and schedules taught both across time and across settings, do these skills actually lead to the desired result?
- In other words, can the individual...
Concerns

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- A plan for staying healthy
Examples of Schedules
# Morning Schedule

The following things must be done every morning before school.

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><img src="image" alt="Make your bed." /></td>
<td>Make your bed.</td>
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<tr>
<td><img src="image" alt="Get dressed." /></td>
<td>Get dressed.</td>
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<tr>
<td><img src="image" alt="Eat breakfast." /></td>
<td>Eat breakfast.</td>
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<tr>
<td><img src="image" alt="Brush your teeth." /></td>
<td>Brush your teeth.</td>
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<tr>
<td><img src="image" alt="Pack your lunch and snacks." /></td>
<td>Pack your lunch and snacks.</td>
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<tr>
<td><img src="image" alt="Get your backpack." /></td>
<td>Get your backpack.</td>
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### April 2003 Calendar

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### April 2003 Food Theme

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<tr>
<td><img src="image" alt="Bread" /></td>
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<td><img src="image" alt="Strawberries" /></td>
<td><img src="image" alt="Apples" /></td>
<td><img src="image" alt="Bananas" /></td>
<td><img src="image" alt="Grapes" /></td>
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<td><img src="image" alt="Fruit Salad" /></td>
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### April 2003 Food Theme (2)

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<td><img src="image" alt="Grapes" /></td>
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<td><img src="image" alt="Jelly" /></td>
<td><img src="image" alt="Peanut Butter" /></td>
<td><img src="image" alt="Jelly" /></td>
<td><img src="image" alt="Cheese Slices" /></td>
<td><img src="image" alt="Bread" /></td>
<td><img src="image" alt="Peanut Butter" /></td>
<td><img src="image" alt="Jelly" /></td>
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Examples of Pictures for Communication
Health Related Examples

- Health-related examples include:
  - A question mark indicating a question or concern.
  - A representation of feeling unwell.
  - A visual of finishing actions.
  - A medication schedule for Maria Johnson:
    - Motrin® (ibuprofen) 800mg 1 pill, taken by mouth with food, for pain.
    - Zestril® (Lisinopril) 10mg 1 pill, taken by mouth, for blood pressure.
    - Apresazide® (HCTZ) 25mg 1 pill, taken by mouth, for blood pressure.
    - Norflax® (Nifedipine) 30mg 1 pill, taken by mouth, for blood pressure.
    - Protonix® (Pantoprazole) 40mg 1 pill, taken by mouth, for indigestion.
Food Guide
To Healthy Eating

Eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health!

The Balance of Good Health

Fruit and vegetables
Bread, other cereals and potatoes
Meat, fish and alternatives
Foods containing fat
Foods and drinks containing sugar
Milk and dairy foods

There are five main groups of valuable foods.

Buy least
Buy moderate amounts
Buy plenty
Buy lots
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Resources

- http://autismpdc.fpg.unc.edu/content/self-management
- http://www.pecsusa.com/
Contact Information

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