

# 10 Best Practices For Supporting People on the Autism Spectrum

## TRAINING SUMMARY:

Organizations, schools, and families can benefit from thinking about the attitudes and guiding principles that inform their daily work. Youth Advocate Programs, a provider of wraparound services to children, youth and young adults, has collected and distilled the combined wisdom of its families, people with autism, and staff into ten practices that interrelate and have demonstrated success. These practices are based on respect for the uniqueness and integrity of each person, and a willingness to learn and engage *with* people rather than work *on* them. These practices also are supported by evidence from the autism field indicating that their implementation can help support learning and development, sustain mental health and resilience, and clarify the efforts of caregivers by leading them to important insights and discoveries. Implementing these practices can enhance the relationships of caregivers with the people they support, thereby increasing the motivation and self-determination of people on the spectrum.

## TRAINING GOAL:

The goal of this training is for parents, professionals, and community members to explore ten practices that will involve them in respectful and reciprocal relationships with individuals on the autism spectrum, to understand why they are important and consider examples of how they might be implemented, and to understand that by concentrating on any two or three of these interrelated practices the momentum achieved will carry them toward full implementation.

## TRAINING OBJECTIVES:

The objectives of the training are for the participants to:

1. Consider ten core positive practices that have successfully supported people on the autism spectrum
2. Appreciate the importance of relationships and individualization as the common elements behind these practices
3. Explore the impact that these practices have had on the lives of people with autism and their families
4. Develop practical strategies of “listening and learning” that lead beyond outdated autism myths to a deeper understanding of the lives and hopes of people on the spectrum
5. Identify and make a personal commitment to implement those practices that are most relevant to the participant’s current situation.

## METHODS TO ACHIEVE OBJECTIVES:

Training content can be delivered via webinar incorporating lecture and discussion (app. 1½ hours). This training also can be delivered in person in a traditional training or classroom setting incorporating lecture, videos, discussion, and interactive group exercises (2-3 hours).