



QUALITY OF LIFE – CONTENT IDEAS

Respect and Dignity – People with autism should feel respected by those around them

- Nature of autism, early signs, diagnosis and treatment
- Early Intervention Procedures and Targets
- Advocacy and education, rights and responsibilities

Inclusion – People with autism should be welcomed to participate actively in their schools, workplaces and communities

- Classroom Inclusion Strategies
- Community Based Activities and Inclusion
- Peer Education and Programs

Communication – People with autism should be able to express themselves and interact with others in a meaningful way

- Therapy Strategies
- Technology and Supports

Health and Well-being – People with autism should feel and be well physically and have access to the services they need to stay healthy

- Physical Fitness, Nutrition and Wellness
- Grooming and Hygiene
- Emotional Regulation

Safety – People with autism should feel secure and be able to get help from their communities, law enforcement and others as needed

- Navigating Transportation Systems and Driving
- Internet Safety
- Bullying
- Community Awareness Training

Academic Success – People with autism should have the opportunity to participate in school to their fullest capability and learn in an environment and manner that enables them to succeed

- Curriculum Strategies
- Modifications, Adaptations and Supports
- Navigating the school day
- Positive Behavior Supports

- Co-Teaching Strategies
- IEP development and monitoring
- Technology and Supports

Social Connections – People with autism should have friends and supporters as well as ties to their communities

- Social Skills Strategies
- Sensory and Attention Challenges
- Behavior Challenges and Strategies
- Hidden Social Cues
- Developing and Maintaining Relationships
- Understanding Sexuality
- Technology and Supports

Independent Living – People with autism have the right to lead their own lives, and they should also have support if they need help caring for themselves

- Teaching Life Skills
- Executive Functioning Skills
- Housing Options and Funding
- Technology and Supports

Meaningful Employment with Fair Wages – People with autism should have the opportunity to do work that contributes to their communities, and should receive compensation befitting their positions

- Transition Planning
- Accessing College
- Employment Challenges, Strategies and Options
- Employable Skills
- Job Coaching

Financial Stability – People with autism should be able to afford the things and services they need

- Future Planning
- Waivers
- Teaching Financial Responsibility
- Accessing Services / Self-Advocacy

Recreation and Leisure – People with autism should be able to pursue their interests and spend their free time in a meaningful way

- Community Inclusion Strategies
- Community Supports
- Time Management and Motivation

