

NEWS FROM PSYCHOLOGICAL SERVICES



IN THIS ISSUE

Autism Defined

Autism Awareness Month

Autism Signs and Behaviors

Visual Schedules

Organizations



What is Autism?

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. According to the Centers for Disease Control, autism affects an estimated 1 in 44 children in the United States. ASD is more than 4 times more common among boys than girls. ASD is also reported to occur in all racial, ethnic, and socioeconomic groups. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from most other people.

Because autism is a spectrum disorder, each person with autism has a distinct set of strengths and challenges. The ways in which people with autism learn, think and problem-solve can range from highly skilled to severely challenged. Some people with ASD may require significant support in their daily lives, while others may need less support and, in some cases, live entirely independently. Characteristics of ASD usually appear by 18 months and a reliable diagnosis can often be made by 2 years of age. Research shows that early intervention leads to positive outcomes later in life. School Psychologists, as part of a team, are qualified to identify and support students with ASD within the school setting.

ADVOCATE

EDUCATE

LOVE

ACCEPT



joint echolalia unashamed
best practices Universal Design following my IEP
knowing my rights real jobs for real pay stimming together natural
self acceptance still a cause that needs attention a basic human right communication
listening to behavior working with my headphones on talking to me and not my aide integrated classrooms
getting the help I need listening to me when I am hard to understand not telling people to look at you
respecting my rights helping my child use his AAC device for everybody paying my autistic employees a real wage
knowing joy autism acceptance is inclusion love
providing sensory-free rooms proud loud hands unconditional allowing my child to stim
treating Autistic people as people presuming competence
the radical notion that autistics are people listening understanding what will allow my child to flourish
respect unapologetic diversity scripting respecting all forms of communication where normal is self-defined
working on the floor a community affair stimming in public without shame open mindedness

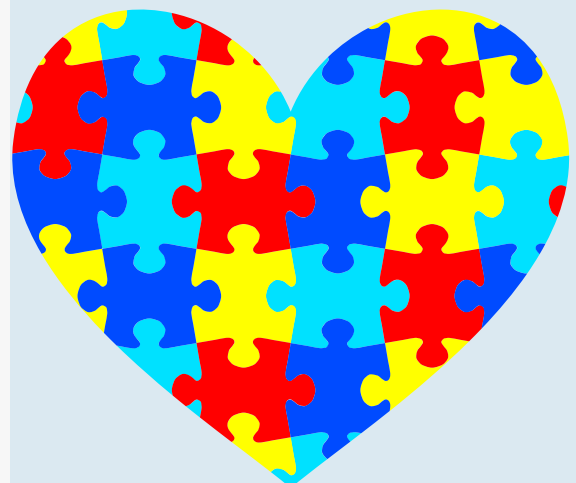
WHEN YOU WANT TO INCREASE THE LIKELIHOOD OF A CHILD ENGAGING IN A NON-PREFERRED TASK, A FIRST-THEN VISUAL BOARD CAN BE HELPFUL



April is Autism Awareness Month

Autism Awareness Month is a month-long observance focused on raising awareness about autism spectrum disorders, what it means to be autistic, how to support autistic people, and the difficulties and discrimination that autistic people face.

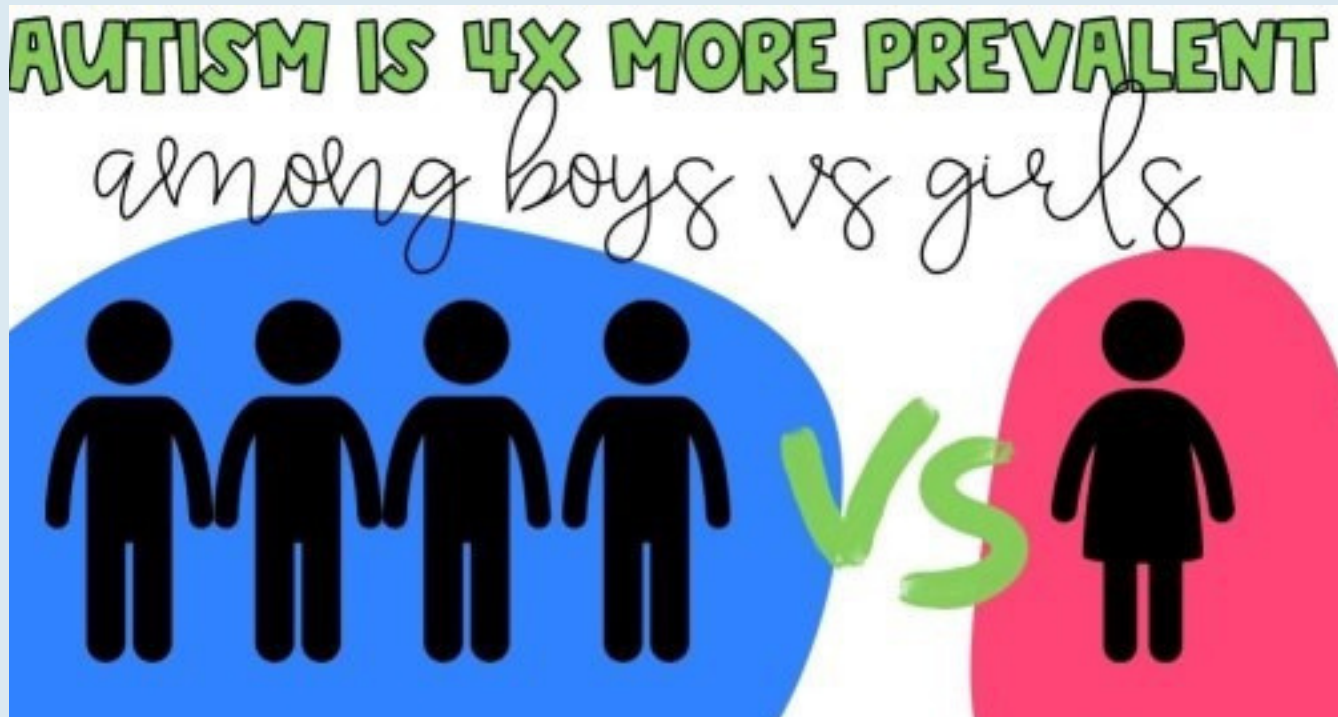
Communities around the world come together on April 2nd, Autism Awareness Day, in recognition of people with autism and those who love and support them. Autism-friendly events and educational activities take place throughout the month of April, aiming to increase understanding and acceptance of people with autism, foster worldwide support and inspire a kinder, more inclusive world.



Autism Signs and Behaviors

People with ASD may have problems with social, behavioral, and communication skills. They might repeat behaviors and might not understand change in their daily activities. Many people with ASD also have different ways of learning, paying attention or reacting to things. A person with ASD might:

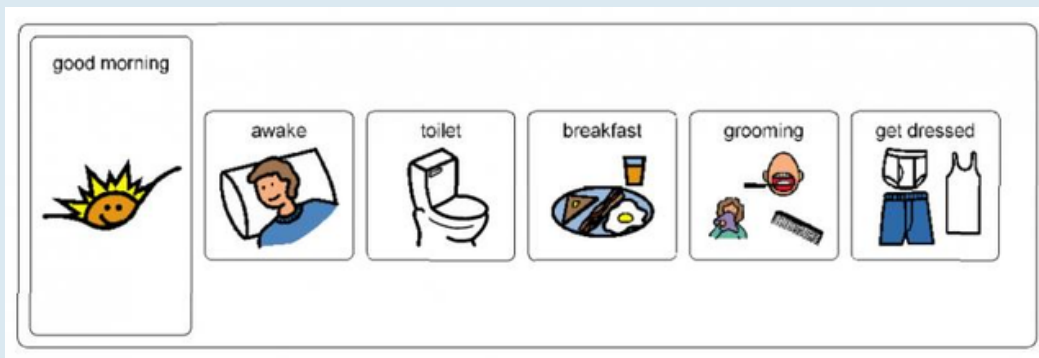
- Have language deficits or differences
- Talk about or show interest in a restricted range of topics
- Not point at objects to direct another's interest or attention
- Not look at objects when another person points at them (joint attention)
- Have trouble relating to others or not have an interest in other people at all
- Avoid eye contact and may prefer to be alone
- Have trouble understanding other people's feelings or expressing their own feelings
- Prefer not to be held or cuddled or might cuddle only when they want to
- Appear to be unaware when people talk to them
- May repeat words or phrases out of context (echolalia)
- Have trouble expressing their needs
- Laugh, cry, or show distress at inappropriate times
- Repeat actions over and over again, often in a very stereotyped manner
- Have trouble adapting when a routine changes
- Have unusual reactions to the way things smell, taste, look, feel, or sound
- Be oversensitive or under-sensitive to pain
- Lose skills they once had (for instance, stop saying words they were once using)



What is a Visual Schedule?

Visual schedules are an intervention that can help individuals with autism follow a routine, transition between activities, develop new skills, and reduce dependence on caretakers when completing daily activities. A visual schedule is a sequence of photographs, videos, line drawings, symbols, text, or other visual format that is used to show its user what he or she is expected to do. The series of visually presented tasks are arranged in the schedule in the order they are to be completed. This provides the schedule's user with a visual template and a predictable list of expected behaviors. Visual schedules can include a series of separate tasks that are part of a routine, or they can be used to teach a new skill by breaking down a single activity into smaller steps.

Examples of a visual schedule used to facilitate a daily routine:



Morning Routine



Brush your teeth



Wash your face



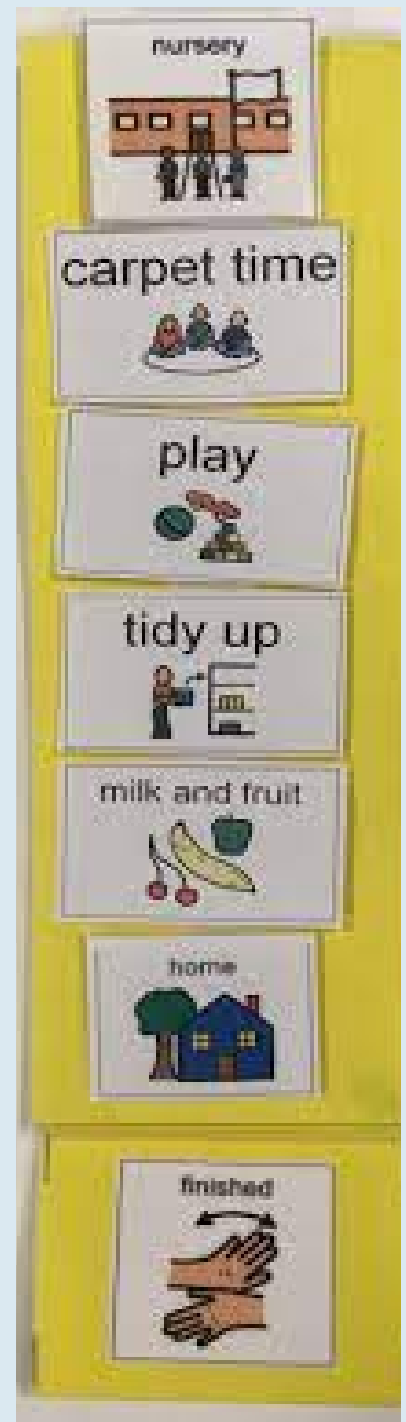
Comb hair



Get dressed



Make bed



Autism Organizations

Autism Society of North Carolina

<https://www.autismsociety-nc.org/>

TEACCH Autism Program

<https://teacch.com/>

Autism Speaks

<https://www.autismspeaks.org/>

Autism Unbound

<https://www.autismunbound.org>



Stay connected with us!



[GCS Psychological Services](#)



[GCS Psychs](#)



[gcs_psychological_services](#)



[Psychological Services Canvas Page](#)