

AUTISM KNOW-HOW STRATEGIES	Visuals to Support	Social Communication Strategies	Strategies to Navigate Behaviour & Proactively Plan
<b>A</b> Attention	First-Then Strategy	<b>Get Attn:</b> face the person & use name <b>Keep Attn:</b> Speak clearly & pause after asking a question <b>Shift Attn:</b> Use your voice as a tool	Build on <b>special interests</b>  <b>Use Prompts:</b> To get, keep & shift attention
<b>UT</b> Understanding Thoughts, Feelings & Actions	Social Scripts	<b>Use literal language:</b> (no idioms or sarcasm)  <b>Make explicit &amp; obvious:</b> Use all visual strategies!	<b>Calming (self-regulation):</b> Use a calming object, calming activity (deep breathing or music), deep pressure, or remove the individual from the situation.  <b>Practice social situations:</b> Turn-taking in discussion & games, buying items at the store.
<b>I</b> Interpreting the Context-Environment, Situation & Social	Choice Boards  Behaviour Scripts	<b>Specific Structure:</b> Provide a clear schedule with smaller manageable steps & use "First, Then" to guide through the schedule	<b>Use Transition strategies:</b> <b>Prevent</b> challenges by warning, <b>Prompt</b> through transition & <b>Reinforce</b> when successful  <b>Generalize skills:</b> Teach specific skills & practice in different settings.
<b>S</b> Sensory	ALL TYPES OF VISUALS	<b>Choice boards</b> promote voice and choice  **When total sensory load is high, <b>reduce</b> the social demands!!	<b>Anticipate:</b> Adjust the environment or activity to prevent any sensory challenges.  <b>Accommodate:</b> Reduce the sensory stimuli, Use sensory filters (sunglasses, headphones, etc.), & provide a "sensory diet".
<b>M</b> Making a plan and problem solving	Activity Schedules	<b>Consistent Structure in Plan:</b> Create a predictable schedule by following a consistent plan, & use positive reinforcement  <b>Decision making:</b> Provide choices about the routine	<b>Structure of the Plan:</b> Use "First, Then" in order to Redirect, Distract or Clarify the plan for the person with ASD