

WEBVTT

1 "Alana Embriano" (2322135552)

00:00:07.170 --> 00:00:14.069

Uh, welcome everyone. And thank you for calling into sickness autism awareness series.

2 "Alana Embriano" (2322135552)

00:00:14.069 --> 00:00:20.310

My name is Alana, and I'm a care manager for the autism specialty team.

3 "Alana Embriano" (2322135552)

00:00:20.310 --> 00:00:33.115

Due to the format of this call, your line will remain muted throughout the entirety of the seminar. Any questions received throughout the presentation will be through the Webex platform and answered at the presenters discretion.

4 "Alana Embriano" (2322135552)

00:00:33.385 --> 00:00:40.255

However, we should have time at the end of the seminar for questions. And answers, we will only be answering questions that are on today.

5 "Alana Embriano" (2322135552)

00:00:40.310 --> 00:00:44.610

This topic there will be an option at the end to complete a short survey as well.

6 "Alana Embriano" (2322135552)

00:00:45.055 --> 00:00:50.035

A hand out for today's seminar is available at W. W. W dot dot com.

7 "Alana Embriano" (2322135552)

00:00:50.065 --> 00:01:02.605

Backslash autism scroll to current topic section in the middle of your page and click on today's topic labeled gaining and building relationships and safety considerations for individuals with special needs.

8 "Alana Embriano" (2322135552)

00:01:02.910 --> 00:01:09.660

Or follow along throughout the Webex presentation, a recording will be available once finalized at the same website.

9 "Alana Embriano" (2322135552)

00:01:09.660 --> 00:01:22.650

Please note that not all policies cover today's topic for more specific information. If your policy covers topics discussed in today's seminar, please contact the autism team by calling the number

on your insurance card.

10 "Alana Embriano" (2322135552)

00:01:22.650 --> 00:01:35.580

Today I have the pleasure of introducing Tara Tara is a wife mother and a board certified behavior analyst. She's been working with individuals with special needs since 2003.

11 "Alana Embriano" (2322135552)

00:01:35.935 --> 00:01:41.785

She specializes in parent education and advocacy for the rights of individuals with special needs.

12 "Alana Embriano" (2322135552)

00:01:42.265 --> 00:01:54.235

She is the chief operations officer for positive behavior supports corporation and is also a Co, founder of the treasurer coast autism project a private nonprofit school for children on the autism spectrum.

13 "Alana Embriano" (2322135552)

00:01:55.525 --> 00:02:01.225

Tara has presented to caregivers and professionals at more than a 100 national and international conferences.

14 "Alana Embriano" (2322135552)

00:02:01.555 --> 00:02:13.255

It has been published on the topic of positive behavior supports in the community, improving transitions for young adults, social, sexual education and best practices in the field of applied behavior analysis.

15 "Alana Embriano" (2322135552)

00:02:13.680 --> 00:02:18.540

We would like to thank her for being here today and you're welcome to start your presentation.

16 "Tahra Cessna" (1180606720)

00:02:19.795 --> 00:02:33.145

Cool. Thank you. Alana and good afternoon. Parents and caregivers. Thank you so much for joining today as we present on the topic of gaining and building relationships and safety considerations for individuals with special needs.

17 "Tahra Cessna" (1180606720)

00:02:33.720 --> 00:02:39.660

For our agenda today, I will provide an overview of relationships.

18 "Tahra Cessna" (1180606720)

00:02:39.660 --> 00:02:44.130

Some critics, critical skills needed to gain and sustain relationships.

19 "Tahra Cessna" (1180606720)

00:02:44.130 --> 00:02:48.570

Evidence based strategies in the field of applied behavioral analysis.

20 "Tahra Cessna" (1180606720)

00:02:48.570 --> 00:03:00.360

Safety considerations, and finally I want to share some resources with all of you as you navigate relationship building and safety considerations for your loved 1.

21 "Tahra Cessna" (1180606720)

00:03:00.360 --> 00:03:07.860

When we consider the topic of gaining and building relationships, I'll want to discuss the characteristics that define our relationship.

22 "Tahra Cessna" (1180606720)

00:03:07.860 --> 00:03:12.000

Think about the relationships you have engaged in throughout your lifetime.

23 "Tahra Cessna" (1180606720)

00:03:12.000 --> 00:03:17.160

Take just a moment to think about the skills you possessed that made your social interactions successful.

24 "Tahra Cessna" (1180606720)

00:03:17.160 --> 00:03:22.710

What non verbal cues did you use to express how you felt toward the other person?

25 "Tahra Cessna" (1180606720)

00:03:22.710 --> 00:03:30.330

What cues did you pick up on that? Let you interpret how another person may have felt about, you.

26 "Tahra Cessna" (1180606720)

00:03:30.330 --> 00:03:39.960

The difficulties associated with social interaction, communication and imagination are just some aspects of autism that impact gaining and sustaining meaningful relationships.

27 "Tahra Cessna" (1180606720)

00:03:39.960 --> 00:03:48.600

This triad of impairments can oftentimes create a bubble and I say bubble in parentheses air quotes in which many people with autism reside.

28 "Tahra Cessna" (1180606720)

00:03:48.600 --> 00:03:53.700

The bubble makes it more difficult to connect with people in a socially meaningful way.

29 "Tahra Cessna" (1180606720)

00:03:53.700 --> 00:04:07.350

Think of this bubble as a metaphorical description for how your loved 1 maybe feeling in social situations feelings, such as not fitting in social anxiety being that observer, rather than a full participant.

30 "Tahra Cessna" (1180606720)

00:04:07.350 --> 00:04:13.290

Feeling lonely, even when others are around and having interests that differ from their typically developing peers.

31 "Tahra Cessna" (1180606720)

00:04:13.290 --> 00:04:25.949

Relationships are about having respect for one's self and for others in order to maintain healthy and safe relationships we need to make ourselves and our wants and needs a priority as well as our interactions with those. We care for.

32 "Tahra Cessna" (1180606720)

00:04:25.949 --> 00:04:31.739

Respect as a key to building relationships includes understanding that everyone has rights.

33 "Tahra Cessna" (1180606720)

00:04:31.739 --> 00:04:37.589

Such as a right to dignity. This includes bathing and toileting independently and choosing partners independently.

34 "Tahra Cessna" (1180606720)

00:04:37.589 --> 00:04:45.149

A right to participate in one's community, this can be brought through shared opportunities jobs or volunteer activities.

35 "Tahra Cessna" (1180606720)

00:04:45.149 --> 00:04:53.849

I want to express oneself this can be through verbal expression or fashion and of course, the right to say, no in a situation that may be harmful.

36 "Tahra Cessna" (1180606720)

00:04:53.849 --> 00:05:07.139

When a person may disagree, helping your family member, learn to recognize his or her own as well as the rights of others will further enable him or her to participate fully in, in safely in a variety of situations.

37 "Tahra Cessna" (1180606720)

00:05:07.139 --> 00:05:13.199

Our relationship is any connection between 2 people.

38 "Tahra Cessna" (1180606720)

00:05:13.199 --> 00:05:23.574

Which can either be positive or negative as mentioned in the previous slide. Individuals have rights across these relationships. And there are many relationships we will engage in throughout our lifetime.

39 "Tahra Cessna" (1180606720)

00:05:24.114 --> 00:05:31.194

These includes those familial relationships, you know, our family members, the friendships that we have acquaintances that we meet.

40 "Tahra Cessna" (1180606720)

00:05:31.499 --> 00:05:36.689

Romantic relationships and partners, sexual relationships and working relationships.

41 "Tahra Cessna" (1180606720)

00:05:36.689 --> 00:05:43.919

A moment ago, we took a moment to think about the skills we possessed that assisted us in engaging in a successful social interaction.

42 "Tahra Cessna" (1180606720)

00:05:43.919 --> 00:05:48.059

I want you all to think for a moment now about your 1st, best friend.

43 "Tahra Cessna" (1180606720)

00:05:48.059 --> 00:05:51.119

Your 1st, true friend how old were you?

44 "Tahra Cessna" (1180606720)

00:05:51.119 --> 00:05:56.099

What was it about this person that made you feel so safe and wanted to connect to them?

45 "Tahra Cessna" (1180606720)

00:05:56.099 --> 00:06:10.199

We begin to form relationships at an early age so friendships those true friendships start to emerge not because an individual lives next door to us, or they sit in an adjacent seat in class, but rather it's based on those shared likes interests and skill sets.

46 "Tahra Cessna" (1180606720)

00:06:10.199 --> 00:06:13.619

We start to notice gaps in social relationships.

47 "Tahra Cessna" (1180606720)

00:06:13.619 --> 00:06:17.939

For our more capable individuals around the 3rd grade.

48 "Tahra Cessna" (1180606720)

00:06:17.939 --> 00:06:26.909

These gaps grow larger and larger as we age making the need for consistent practice rehearsal and feedback on these skills all the more important.

49 "Tahra Cessna" (1180606720)

00:06:26.909 --> 00:06:36.389

In order to assist your loved 1 in forming these relationships I want now to discuss the skills needed to not only gain, but also sustain meaningful relationships.

50 "Tahra Cessna" (1180606720)

00:06:39.294 --> 00:06:51.804

So these skills include, and we think about starting from a very early age play skills, this includes turn taking sharing and cooperating the conversation skills, looking at our body language, knowing what to say, and when to say it.

51 "Tahra Cessna" (1180606720)

00:06:52.139 --> 00:06:57.329

Our emotional skills, like managing feelings and understanding how others may be feeling.

52 "Tahra Cessna" (1180606720)

00:06:57.329 --> 00:07:06.509

Problem solving skills, such as reading the context dealing with disagreements, or making decisions in a social environment and finally motivation.

53 "Tahra Cessna" (1180606720)

00:07:06.509 --> 00:07:20.099

We must remember that not everyone wants to have a friend or a partner, and we need to recognize that when this is the case and accept this decision until a time in which the individual changes their mind if ever.

54 "Tahra Cessna" (1180606720)

00:07:20.099 --> 00:07:29.729

These skills typically develop over time, however, for people on the autism spectrum, the development of play skills, or other skills used in social interaction often, develop differently.

55 "Tahra Cessna" (1180606720)

00:07:29.729 --> 00:07:33.659

Developing a relationship is probably more difficult than maintaining

it.

56 "Tahra Cessna" (1180606720)

00:07:33.659 --> 00:07:45.449

It takes a lot of effort to develop a starting level of intimacy or friendship because in order to get there to know 1, another 1 has to be committed to learning about the other person and spending time with them.

57 "Tahra Cessna" (1180606720)

00:07:45.449 --> 00:07:54.449

This commitment can be challenging for some as it goes against their natural priorities, such as being alone, having structured routines and staying within their special interests.

58 "Tahra Cessna" (1180606720)

00:07:54.449 --> 00:08:02.849

Maintaining a relationship requires hard work and effort from both people, but once both people know each other well enough, which you can include hobbies.

59 "Tahra Cessna" (1180606720)

00:08:02.849 --> 00:08:08.849

Reliability punctuality daily schedules and even the sorts of words and kind of language that 1 would use.

60 "Tahra Cessna" (1180606720)

00:08:08.849 --> 00:08:14.579

There is less pressure to perform, and instead of being unable to meet unrealistic expectations.

61 "Tahra Cessna" (1180606720)

00:08:14.579 --> 00:08:20.039

Individuals are eventually able to meet real ones.

62 "Tahra Cessna" (1180606720)

00:08:20.039 --> 00:08:25.469

Let's look now at some of the behaviors that impact meaningful, social interactions.

63 "Tahra Cessna" (1180606720)

00:08:25.469 --> 00:08:32.369

As I discussed these behaviors, as I discuss these behaviors, let me make sure I didn't miss 1.

64 "Tahra Cessna" (1180606720)

00:08:33.444 --> 00:08:44.844

Pardon me? Okay as I discuss these behaviors I want you to answer to yourself. Yes. Or no. So just think about it, as I'm saying it as to whether, or not your loved 1 struggles with any of these, all of

these, or most of these okay.

65 "Tahra Cessna" (1180606720)

00:08:44.844 --> 00:08:49.194

The 1st, 1, they have narrowed interest or fixations on a special topic.

66 "Tahra Cessna" (1180606720)

00:08:49.529 --> 00:08:59.099

Do they lack, give and take do they have ineffective communication or inability to identify 1 one's needs and wants.

67 "Tahra Cessna" (1180606720)

00:08:59.099 --> 00:09:03.419

Do they have restrict restricted or repetitive behaviors that they engage in?

68 "Tahra Cessna" (1180606720)

00:09:03.419 --> 00:09:07.049

They have interests that are not typical for one's age.

69 "Tahra Cessna" (1180606720)

00:09:07.049 --> 00:09:14.939

Do they have these internal states such as anxiety or fear that may prohibit them from social interactions?

70 "Tahra Cessna" (1180606720)

00:09:14.939 --> 00:09:19.559

Do they have challenges starting or holding a conversation.

71 "Tahra Cessna" (1180606720)

00:09:19.559 --> 00:09:24.869

Do they have challenges, understanding, non verbal communication cues, including body language and facial expression.

72 "Tahra Cessna" (1180606720)

00:09:24.869 --> 00:09:29.219

How do they do with making and maintaining eye contact?

73 "Tahra Cessna" (1180606720)

00:09:29.219 --> 00:09:33.059

How well are they, when they talk about something that is outside of their interests.

74 "Tahra Cessna" (1180606720)

00:09:33.059 --> 00:09:39.179

Do they understand non literal languages such as sarcasm idioms and metaphors.

75 "Tahra Cessna" (1180606720)



00:09:39.179 --> 00:09:45.839

So, they understand when people use language to hide their feelings or words in a way that don't make the meaning clear.

76 "Tahra Cessna" (1180606720)

00:09:45.839 --> 00:09:58.919

Do they see things that other people might not notice for example, some people in the spectrum might be hyper focused on those details in our environment where they hear every leaf Russell in the wind, or they make connections that others may not.

77 "Tahra Cessna" (1180606720)

00:09:58.919 --> 00:10:05.369

Are they able to accept touch? Do they filter out less important information such as background noise?

78 "Tahra Cessna" (1180606720)

00:10:05.369 --> 00:10:18.119

Are they able to see the points of view of others? Can they alter interactions to suit the environment or social context? For example, can they change their behavior when interacting with the grandparents compared to peers, or work colleagues?

79 "Tahra Cessna" (1180606720)

00:10:19.104 --> 00:10:30.984

And finally, can they end a conversation appropriately? So I just wanted you to think about some of those things. These are a lot of skills that I just discussed, but it is all imperative to help us when we create right and sustain these relationships.

80 "Tahra Cessna" (1180606720)

00:10:31.074 --> 00:10:38.034

And if we answered a lot to know on that, which I assume many of you have today, or, excuse me answered yes. To that don't fret it's common for.

81 "Tahra Cessna" (1180606720)

00:10:38.119 --> 00:10:42.569

Individuals on the autism spectrum and those with developmental, the least to struggle in these areas.

82 "Tahra Cessna" (1180606720)

00:10:42.569 --> 00:10:46.589

There are strategies we can use to help them and we're going to discuss those today.

83 "Tahra Cessna" (1180606720)

00:10:46.589 --> 00:10:59.819

So, right now I want to now to discuss in tips that I hope you find helpful as you assist your loved 1 in gaining and building

relationships. Um, the 1st thing I want to talk about is the establishment of relationship rules.

84 "Tahra Cessna" (1180606720)

00:10:59.819 --> 00:11:11.459

The key to a long lasting and happy relationship for both people is to establish rules so that each person knows what they can and can't expect from 1 another and hence will not be disappointed if they, those rules are not met.

85 "Tahra Cessna" (1180606720)

00:11:11.459 --> 00:11:16.589

For example, if a partner has told the individual that watching football is important to them.

86 "Tahra Cessna" (1180606720)

00:11:16.589 --> 00:11:24.269

The individual may cope better if the partner chooses to watch a game, rather than see the individual for those normal routine scheduled times.

87 "Tahra Cessna" (1180606720)

00:11:24.269 --> 00:11:35.274

If the partner had not told the individual from the start that football was important to them, the individual may find it hard to cope with this decision due to the strong desire for things to always be the same regardless of those outside factors.

88 "Tahra Cessna" (1180606720)

00:11:36.354 --> 00:11:44.004

We also want to make sure that we share interests, including our likes and dislikes. Remember we discussed that friendships form based on shared interest and.

89 "Tahra Cessna" (1180606720)

00:11:44.269 --> 00:11:52.409

If we can assist our loved 1 and finding common ground with someone, this could start the bond and build a friendship into something stronger and more long lasting.

90 "Tahra Cessna" (1180606720)

00:11:53.034 --> 00:12:05.454

We also want to teach others about autism or any other diagnoses that may impact relationships, teaching her loved 1 about their diagnosis. If they are comfortable in doing. So may assist others in educating themselves and having more patience and understanding.

91 "Tahra Cessna" (1180606720)

00:12:05.694 --> 00:12:10.254

Should your loved 1 engage in a behavior that may be unexpected for

the environment or for that moment?

92 "Tahra Cessna" (1180606720)

00:12:10.589 --> 00:12:23.639

We also want to choose the right time to connect. We want to create like a ritual to build relationships think about choosing days times and activities that are important to each person and stick with this schedule to allow for routine and consistency.

93 "Tahra Cessna" (1180606720)

00:12:23.639 --> 00:12:37.619

And finally want to start small and recognize those successes. Relationships don't happen overnight. Every instance that your loved 1 is making strides to engage in meaningful ways. It should be celebrated.

94 "Tahra Cessna" (1180606720)

00:12:37.619 --> 00:12:51.539

In the previous slide, we discussed some tips. What if you will to assist your loved 1 successfully gaining and building relationships now I want to look at the how what exactly these skills are and how we teach them.

95 "Tahra Cessna" (1180606720)

00:12:51.539 --> 00:12:57.839

Some of the strategies will review today include structured social skills groups, social narratives.

96 "Tahra Cessna" (1180606720)

00:12:57.839 --> 00:13:02.279

Com, extra conversations visual supports modeling.

97 "Tahra Cessna" (1180606720)

00:13:02.279 --> 00:13:07.379

And video modeling, so let's look at a social narrative.

98 "Tahra Cessna" (1180606720)

00:13:08.004 --> 00:13:20.844

Social narrative are or social stories, describe the social situations in some detail. Social narratives are always individualized, and they can help assist with explaining how others might behave or respond. In a particular situation.

99 "Tahra Cessna" (1180606720)

00:13:21.534 --> 00:13:27.204

They help to promote understanding of the perspective of a person with autism or developmental delay and they also.

100 "Tahra Cessna" (1180606720)

00:13:27.379 --> 00:13:32.369

This with coping with changes to the routines and unexpected distressing events.

101 "Tahra Cessna" (1180606720)

00:13:32.369 --> 00:13:45.269

Social narratives or stories can be used to assist people with autism to develop greater social understanding and helps them also to stay safe as they navigate their environment and social media and to enhance their social interaction skills.

102 "Tahra Cessna" (1180606720)

00:13:45.269 --> 00:13:52.829

The social story's shown here outlines when it is okay to give a hug however, social stories can be written for any skill that you're trying to teach.

103 "Tahra Cessna" (1180606720)

00:13:52.829 --> 00:13:56.549

This is something that we want to discuss regularly and read.

104 "Tahra Cessna" (1180606720)

00:13:56.549 --> 00:14:04.379

Each time over and over before those activities are to begin to help set them up for success.

105 "Tahra Cessna" (1180606720)

00:14:04.379 --> 00:14:07.769

Another strategy I wanted to share with you today is a visual support.

106 "Tahra Cessna" (1180606720)

00:14:07.769 --> 00:14:11.999

Visual supports are something that we all use each and every day.

107 "Tahra Cessna" (1180606720)

00:14:11.999 --> 00:14:16.979

When was the last time you knew what you had to do today without checking your calendar?

108 "Tahra Cessna" (1180606720)

00:14:16.979 --> 00:14:25.589

My calendar is an example of a visual support looking at a map when traveling to a new place is also an example of visual supports many of us use in our every day.

109 "Tahra Cessna" (1180606720)

00:14:25.589 --> 00:14:37.589

Visual supports encompass picture cards, tactile cards, photos, short videos, color cards, or stickers scales, and even line drawings. These are if you will prompts that we add to the environment.

110 "Tahra Cessna" (1180606720)

00:14:37.589 --> 00:14:42.299

Which help take the guest work out of what is coming and what is expected of us in that environment.

111 "Tahra Cessna" (1180606720)

00:14:42.299 --> 00:14:45.449

As you see here, the visual schedule being shared.

112 "Tahra Cessna" (1180606720)

00:14:45.449 --> 00:14:48.479

Is a 5 point scale by Carrie done burn.

113 "Tahra Cessna" (1180606720)

00:14:48.479 --> 00:14:52.019

This was developed in order to teach social and emotional concepts.

114 "Tahra Cessna" (1180606720)

00:14:52.019 --> 00:15:05.819

And children and adults that need assistance with coping and coming under stressful situations, this is just 1 example of a visual support. And I'm sure, as you think about your loved 1 and your home environment, you can think of many more examples.

115 "Tahra Cessna" (1180606720)

00:15:08.574 --> 00:15:20.874

Often fun way to assist individuals in gaining and maintaining social relationships. It's through com extra conversations. This is a visual representation of conversations and these drawings can show what has been said in a conversation.

116 "Tahra Cessna" (1180606720)

00:15:21.239 --> 00:15:26.279

Some people might be feeling what somebody's intentions might be you as the teacher.

117 "Tahra Cessna" (1180606720)

00:15:26.279 --> 00:15:34.409

Can get creative with the dialogue. You can also work with your loved ones to create a dialogue along with you and then together read the comic strip conversations.

118 "Tahra Cessna" (1180606720)

00:15:34.409 --> 00:15:38.339

As rehearsals prior to the next social outing.

119 "Tahra Cessna" (1180606720)

00:15:38.339 --> 00:15:41.999

Next we want to look at modeling.

120 "Tahra Cessna" (1180606720)

00:15:41.999 --> 00:15:49.979

Modeling is a demonstration of a desired behavior, which means the way that the behavior looks by either a parent or professional or a.

121 "Tahra Cessna" (1180606720)

00:15:49.979 --> 00:15:53.699

And it can result in the imitation of the behaviour by that learner.

122 "Tahra Cessna" (1180606720)

00:15:54.114 --> 00:16:08.424

The saying, do, as I say, not as I do is a perfect example of how our children model or mirror what we do by showing and practicing a skill with your loved 1. this will allow them to truly understand the expectation and how the behavior will look when performed correctly.

123 "Tahra Cessna" (1180606720)

00:16:12.204 --> 00:16:26.964

As we help our loved ones, build relationships and friendships is also important that we keep in mind their safety, which is why it isn't very important that we teach safe and appropriate social interactions for this. I love using the social circles program. This is free. You can get it right online.

124 "Tahra Cessna" (1180606720)

00:16:27.594 --> 00:16:30.024

The social circle program teaches social distance and.

125 "Tahra Cessna" (1180606720)

00:16:30.049 --> 00:16:37.859

Levels of intimacy through the use of 6 color, coded, centric, concentric circles, starting from the center circle.

126 "Tahra Cessna" (1180606720)

00:16:37.859 --> 00:16:47.939

Which represents the focus individual each new colored circle represents behaviors, feelings and actions appropriate to the distance from the center of the cell.

127 "Tahra Cessna" (1180606720)

00:16:48.534 --> 00:17:03.024

For example, a person may hug and kiss members of the family. Those are people in the blue hug circle, but only way to the mailman it would be in the distant orange wave circle. We want to teach our loved ones, these critical skills to reduce the chance of being taken advantage of by those.

128 "Tahra Cessna" (1180606720)

00:17:03.024 --> 00:17:07.914

They may trust for those, they think might be their friend. So, this

is just 1 example.

129 "Tahra Cessna" (1180606720)

00:17:07.939 --> 00:17:17.984

People that, you know, you can get magazine photos, you can take pictures of your family members. Maybe ask your neighbors and put them out there and really teach, you know, what circle I'm in and why we don't want to share information.

130 "Tahra Cessna" (1180606720)

00:17:17.984 --> 00:17:27.734

We don't want to hug those that we don't know, we don't want to tell them our address or social security number and this is gonna help again to keep to keep them safe while they're engaging in those meaningful relationship activities.

131 "Tahra Cessna" (1180606720)

00:17:27.939 --> 00:17:36.059

I did want to put this out there that children with disabilities are 3 times more likely to be abused, or neglected than their peers without disabilities.

132 "Tahra Cessna" (1180606720)

00:17:36.059 --> 00:17:49.679

And they're more likely to be seriously injured or harmed by maltreatment. The majority of abuse perpetrators are known by the person with special needs and can include parents, intimate partners, extended family members, teachers, transportation drivers, and paid service providers.

133 "Tahra Cessna" (1180606720)

00:17:49.679 --> 00:18:00.359

Now, I don't want to provide these statistics to alarm you, but rather to share the importance of teaching safety skills, early and often and make them a priority, just as we would with learning how to spell their name.

134 "Tahra Cessna" (1180606720)

00:18:00.359 --> 00:18:11.219

Let's look at just some of the safety considerations we want to take into account when teaching our loved ones meaningful social interaction, these include Internet safety.

135 "Tahra Cessna" (1180606720)

00:18:11.219 --> 00:18:14.369

Community surroundings and safety awareness.

136 "Tahra Cessna" (1180606720)

00:18:14.664 --> 00:18:28.434

And harassment and harassment of others, when we think about Internet

safety, I want to share with you several risks. 1st is content risk. This includes pornography violent org, hateful material.

137 "Tahra Cessna" (1180606720)

00:18:28.914 --> 00:18:34.344

The next 1 is contact risk and this can include sexual abuse meeting strangers, online offline.

138 "Tahra Cessna" (1180606720)

00:18:34.369 --> 00:18:37.379

Excuse me and then finally conduct risks.

139 "Tahra Cessna" (1180606720)

00:18:37.379 --> 00:18:44.069

And this refers to those Internet addictions, you know, spending money, cyberbullying or explicit photo sharing.

140 "Tahra Cessna" (1180606720)

00:18:44.069 --> 00:18:49.019

Many individuals meet new friends and create long lasting friendships over the Internet.

141 "Tahra Cessna" (1180606720)

00:18:49.019 --> 00:19:00.509

However, social interactions are complex, the social skills needed for basic conversations differ from those needed to resolve conflicts and determine appropriate behavior in social situations.

142 "Tahra Cessna" (1180606720)

00:19:00.509 --> 00:19:07.019

This places, individuals who have difficulty with complex social skills, and potentially higher risk for dangers online.

143 "Tahra Cessna" (1180606720)

00:19:07.019 --> 00:19:19.889

For example, a student who finds it challenging to make appropriate choices, or recognize whether strangers are trustworthy, they more easily become a victim of an online sexual predator, an email phishing scheme or cyberbullying.

144 "Tahra Cessna" (1180606720)

00:19:19.889 --> 00:19:23.399

Students with disabilities, maybe, especially vulnerable.

145 "Tahra Cessna" (1180606720)

00:19:23.399 --> 00:19:31.259

To be to the harmful advances of online users who show us seemingly benign interest in their lives, because they are more prone to loneliness.



146 "Tahra Cessna" (1180606720)

00:19:31.259 --> 00:19:38.219

And because they may struggle to properly interpret the intentions of others on social media, but there are ways to combat these threats.

147 "Tahra Cessna" (1180606720)

00:19:38.219 --> 00:19:49.589

I want to look across these domains of conduct, contact and content, and we 1st see that we have the opportunities. So if we look at the conduct opportunities.

148 "Tahra Cessna" (1180606720)

00:19:49.589 --> 00:19:53.934

Were drawn many of us. Most of us have this natural affinity for computers right?

149 "Tahra Cessna" (1180606720)

00:19:53.934 --> 00:20:05.214

A lot of opportunities for these conduct, but there are risks the risks include Internet addiction, engaging in legal behaviors doing the things that could get us into trouble ourselves or into a bad situation.

150 "Tahra Cessna" (1180606720)

00:20:05.754 --> 00:20:09.414

So, some of the strategies we can employ as caregivers for those conduct.

151 "Tahra Cessna" (1180606720)

00:20:09.589 --> 00:20:20.159

Set ground rules, teach them what they can and cannot do in those situations, put visual cues near the computer. What can I share? What can I say? What can I not share? What can I not say? Um.

152 "Tahra Cessna" (1180606720)

00:20:20.184 --> 00:20:30.414

Make sure that you have the computer and a common ground of your homes that you can hear interactions that are going on. Don't be naive to allowing them to always be online and and think that they're being safe.

153 "Tahra Cessna" (1180606720)

00:20:30.774 --> 00:20:36.474

You want to give them trust, but also check in on them to make sure that they are not putting themselves into vulnerable situations.

154 "Tahra Cessna" (1180606720)

00:20:36.809 --> 00:20:49.254

The opportunities with contact risks is it's really easier to communicate online. A lot of our loved ones. They, they're very

appropriate. Right? They're able to think about what they want to say they can engage in the behaviors. They want you. They can walk away as needed.

155 "Tahra Cessna" (1180606720)

00:20:50.064 --> 00:20:56.754

They can engage in maybe a challenging behavior without anybody having to witness it. They also find communities and support networks. So it's great.

156 "Tahra Cessna" (1180606720)

00:20:56.809 --> 00:21:02.879

We have these opportunities, but there are risks. We know that there are scammers out there. We know that there are predators. And of course, there are bullies.

157 "Tahra Cessna" (1180606720)

00:21:03.144 --> 00:21:15.204

We want to make sure too that our loved 1 doesn't become a bully or predator unknowingly, or without intention. So some of the strategies is really teaching them to talk to those trusted adults about online interaction.

158 "Tahra Cessna" (1180606720)

00:21:15.624 --> 00:21:22.854

What you can do sometimes is maybe set up a fake social media account and befriend your loved 1. see how they.

159 "Tahra Cessna" (1180606720)

00:21:22.879 --> 00:21:27.239

Interact see what information they share we do this just to make sure.

160 "Tahra Cessna" (1180606720)

00:21:27.239 --> 00:21:40.914

Um, that they're, they're being appropriate that they're saying the right things if I want to be their friend and tell them I want to meet them online or are they saying yes to that? Are they giving me their address? This is just 1 way for you to help just combat those issues and use it as a learning opportunity.

161 "Tahra Cessna" (1180606720)

00:21:41.274 --> 00:21:42.264

Obviously we're not going to get.

162 "Tahra Cessna" (1180606720)

00:21:42.689 --> 00:21:48.239

You know, punish them, but we want to teach them use that as a teachable moment. So the opportunities for content.

163 "Tahra Cessna" (1180606720)

00:21:48.239 --> 00:21:59.844

It's great because we can get anything we want on the Internet. Anything any question I have, I can look up, right? It's free learning content. There's a plethora of information on any topic, which is wonderful, but the risks risks here there there can be some distressing content.

164 "Tahra Cessna" (1180606720)

00:22:00.624 --> 00:22:07.644

There's inappropriate material, there's radicalization, there's all those things. So you want to make sure that you're putting on those parental controls to make sure that.

165 "Tahra Cessna" (1180606720)

00:22:08.239 --> 00:22:20.609

Um, loved 1 is engaging and are watching or reading online is appropriate. You want to make sure you have those stacy's safe search settings, put in there parental blocks, filters anything you can do to.

166 "Tahra Cessna" (1180606720)

00:22:20.609 --> 00:22:23.969

Reduce content, risks for your loved 1.

167 "Tahra Cessna" (1180606720)

00:22:24.474 --> 00:22:37.764

You can also do some safety planning and just think about the specific kinds of risks you want to be aware of for yourself or for your loved 1, which of your strengths can help mitigate them. And how you your support networks can come into play.

168 "Tahra Cessna" (1180606720)

00:22:37.854 --> 00:22:43.914

So thinking about, it's going to take a village to keep everybody safe use that time, create a safety plan around Internet safety.

169 "Tahra Cessna" (1180606720)

00:22:43.969 --> 00:22:47.429

It's going to take a lot of practice, but you can get there.

170 "Tahra Cessna" (1180606720)

00:22:47.429 --> 00:23:01.344

For sure, this is something I wanted to share this, this young man this is a great resource for any team or adult, looking to form social relationships through the web. It's called the all friends network, and it was created by an adult with cerebral palsy.

171 "Tahra Cessna" (1180606720)

00:23:01.584 --> 00:23:07.344

His name is Trevor Keller. Her, he resides in Sarasota, Florida, and

the offerings network connects individuals.

172 "Tahra Cessna" (1180606720)

00:23:07.429 --> 00:23:10.559

With disabilities that are seeking friendships across the globe.

173 "Tahra Cessna" (1180606720)

00:23:10.559 --> 00:23:23.034

It is safe and all the participants are vetted before they can join the community and it's wonderful. I am part of this community so he does have professionals on there as well that join the join the groups and the chats here and there. So wonderful.

174 "Tahra Cessna" (1180606720)

00:23:23.034 --> 00:23:27.384

It was created by by Trevor, he's a wonderful young man and this is definitely a safe site for your loved 1.

175 "Tahra Cessna" (1180606720)

00:23:30.474 --> 00:23:45.174

So, now that we've discussed Internet safety, I want to look at the safety awareness within the community. So this includes paying attention because your loved 1 look around at their surroundings. Are they able to divert their attention from their phones or tablets to anticipate potential community dangers?

176 "Tahra Cessna" (1180606720)

00:23:45.174 --> 00:23:47.514

Such as a stray dog or traffic.

177 "Tahra Cessna" (1180606720)

00:23:47.749 --> 00:23:51.149

It's also knowing their community helpers and those roles.

178 "Tahra Cessna" (1180606720)

00:23:51.149 --> 00:23:57.449

So we want to teach them who they can turn to, should they find themselves in trouble or need assistance out there in the community?

179 "Tahra Cessna" (1180606720)

00:23:57.774 --> 00:24:11.844

And finally, how they navigate the community, this is the ability to access those commonly visited places, such as school church home or relative Ken, your loved 1 if you start driving with them in a car today and you say, let's go to school, can they navigate? Can they tell you where to turn left or? Right?

180 "Tahra Cessna" (1180606720)

00:24:12.054 --> 00:24:17.424

Do they understand those ways for the most? Most of our teens and

young adults they can, but we also want to make sure that they can.

181 "Tahra Cessna" (1180606720)

00:24:17.449 --> 00:24:23.699

Do that safely practice crossing the street with them? Of course, practice letting them know, like, who they can trust and who they can't.

182 "Tahra Cessna" (1180606720)

00:24:23.699 --> 00:24:27.299

Finally, I want to also discuss harassment.

183 "Tahra Cessna" (1180606720)

00:24:27.299 --> 00:24:37.824

This is not only harassment by others, but sometimes harassment by your loved 1, which may be unintentional. Harassment is any repeated behavior that make someone feel stressed or threatened.

184 "Tahra Cessna" (1180606720)

00:24:38.514 --> 00:24:47.214

Um, it's a difficulty with understanding social norms, social cues, or the viewpoint of others that make it challenging to avoid engaging and.

185 "Tahra Cessna" (1180606720)

00:24:47.299 --> 00:24:58.439

Behaviors that may be interpreted as harassment by definition individuals on the autism spectrum, have difficulty, understanding, social norms, social cues and the point of view of others.

186 "Tahra Cessna" (1180606720)

00:24:58.439 --> 00:25:01.859

Without these skills, they may not know how to avoid.

187 "Tahra Cessna" (1180606720)

00:25:01.859 --> 00:25:08.579

Behavior that may seem harassing or as harassment. 1 problem is that her husband is big.

188 "Tahra Cessna" (1180606720)

00:25:08.579 --> 00:25:13.169

It can be any repeated behavior that makes someone feel stressed or threatened.

189 "Tahra Cessna" (1180606720)

00:25:13.169 --> 00:25:25.289

It's in the experience of the accuser individuals on the autism spectrum can miss other people's subtle, nonverbal cues that they are not interested in a friendly or intimate relationship.

190 "Tahra Cessna" (1180606720)  
00:25:25.289 --> 00:25:28.739  
Even when someone says no or please stop.

191 "Tahra Cessna" (1180606720)  
00:25:28.739 --> 00:25:33.089  
People on the autism spectrum might continue because they don't understand the why behind it.

192 "Tahra Cessna" (1180606720)  
00:25:33.089 --> 00:25:42.299  
The requests seem illogical and people with autism best understand and respond to logic. They certainly don't foresee the potential serious outcome.

193 "Tahra Cessna" (1180606720)  
00:25:42.299 --> 00:25:45.959  
This is especially true in the social sexual realm.

194 "Tahra Cessna" (1180606720)  
00:25:45.959 --> 00:25:59.669  
Individuals with autism may not understand that it may be a problem to stand overly close to stare to follow to show up unexpectedly, or to repeatedly text someone. And it is this behavior that can be perceived as sexual harassment.

195 "Tahra Cessna" (1180606720)  
00:25:59.669 --> 00:26:12.029  
Research shows that people on the spectrum continue to pursue relationships longer and more persistently in those without autism, even with no relationship. Excuse me even with no response or negative feedback.

196 "Tahra Cessna" (1180606720)  
00:26:12.029 --> 00:26:24.749  
So, let's look at the skills we can teach to assist in reducing the risk of being harassed and increase our community safety awareness. These skills include I skip aside. Pardon me?

197 "Tahra Cessna" (1180606720)  
00:26:24.749 --> 00:26:27.899  
These skills include behavior skills, training.

198 "Tahra Cessna" (1180606720)  
00:26:27.899 --> 00:26:35.759  
Video modeling and roleplaying let's look at behavior skills. Training. This is comprised of instruction.

199 "Tahra Cessna" (1180606720)  
00:26:35.759 --> 00:26:48.869

Right. We're giving it can be written instruction or verbal instruction. However, your loved 1 prefers modeling. We talked about modeling. This is the showing. How does that behavior actually looked from beginning to end role playing.

200 "Tahra Cessna" (1180606720)

00:26:48.869 --> 00:26:53.729

I take the turn and then they take the turn and then providing that feedback.

201 "Tahra Cessna" (1180606720)

00:26:53.729 --> 00:27:00.569

When we give the feedback, we are providing reinforcement right? Praise high 5.

202 "Tahra Cessna" (1180606720)

00:27:00.569 --> 00:27:14.574

Tangibles for those correct responses and we're providing error correction for incorrect responses. So if somebody is trying to engage a conversation and they're repeating the same words, that are not really giving us that give and take. We would model what they should stay instead prompt them.

203 "Tahra Cessna" (1180606720)

00:27:14.574 --> 00:27:16.913

And then start again, instruct model.

204 "Tahra Cessna" (1180606720)

00:27:17.219 --> 00:27:24.269

Roleplay and feedback, the heater skills training can be used to teach any skill with the safety of our loved. 1 is concerned.

205 "Tahra Cessna" (1180606720)

00:27:24.269 --> 00:27:35.909

Crossing the street Internet safety, holding a conversation community awareness. All of that can be used through behavior skill, talk through behavior skills training next we discuss video modeling.

206 "Tahra Cessna" (1180606720)

00:27:35.909 --> 00:27:47.039

Video modeling is a mode of teaching that uses video recording and display equipment to provide a visual model of the targeted behaviors or skills in video self modeling.

207 "Tahra Cessna" (1180606720)

00:27:47.039 --> 00:27:53.219

Individuals observe themselves performing a behavior successfully on video and then they imitate the target behavior.

208 "Tahra Cessna" (1180606720)

00:27:53.219 --> 00:28:04.919

So, the next time you try to demonstrate a scale for your loved 1, and they just can't seem to pick it up video of them, engaging in the activity or performing the skill and ask them to watch the video and critique themselves.

209 "Tahra Cessna" (1180606720)

00:28:04.919 --> 00:28:13.499

Oftentimes, they are not even aware of what they look like, engaging that behavior and by reviewing themselves and noting what they did. Well, and what they could do better.

210 "Tahra Cessna" (1180606720)

00:28:13.499 --> 00:28:17.759

We often find that they pick up the skill much more quickly.

211 "Tahra Cessna" (1180606720)

00:28:17.759 --> 00:28:21.869

1, final strategy today that I want to discuss.

212 "Tahra Cessna" (1180606720)

00:28:21.869 --> 00:28:30.449

Is roleplaying role playing is acting out and practicing how to behave and what to say in certain situations and safe.

213 "Tahra Cessna" (1180606720)

00:28:30.449 --> 00:28:34.709

Comfortable environments that increase meaningful, social interactions.

214 "Tahra Cessna" (1180606720)

00:28:34.709 --> 00:28:41.249

You can use role play as a way of teaching how to safely navigate the community and stranger dangerous situations.

215 "Tahra Cessna" (1180606720)

00:28:41.249 --> 00:28:47.099

Some ways that role playing can be beneficial, include acting out and practicing how to behave.

216 "Tahra Cessna" (1180606720)

00:28:47.099 --> 00:28:53.249

And what to say, in a certain situation in a safe comfortable environment to increase the social skills.

217 "Tahra Cessna" (1180606720)

00:28:53.249 --> 00:28:59.339

You can use roleplay instead of just talking about how to behave in a particular circumstance.



218 "Tahra Cessna" (1180606720)

00:28:59.339 --> 00:29:06.599

You can help them understand the importance of appropriate emotions and how different emotions result in various responses from others.

219 "Tahra Cessna" (1180606720)

00:29:06.599 --> 00:29:11.999

You can teach problem solving skills since social situations can be so unpredictable.

220 "Tahra Cessna" (1180606720)

00:29:11.999 --> 00:29:20.219

You can enhance empathy as they role play, how another person might feel when something happens or how they react to the way someone behaves.

221 "Tahra Cessna" (1180606720)

00:29:20.219 --> 00:29:25.589

It helps to reduce stress about certain situations since they are prepared for an environment and event.

222 "Tahra Cessna" (1180606720)

00:29:25.589 --> 00:29:33.119

You can educate them about how to greet others, have to start conversations or how to join a group who's already playing or talking together.

223 "Tahra Cessna" (1180606720)

00:29:33.119 --> 00:29:43.019

And then think about the skills, you're trying to teach your loved 1 and identify which of these techniques may be best for your family. Oftentimes these skills are used in combination.

224 "Tahra Cessna" (1180606720)

00:29:43.019 --> 00:29:51.329

In closing, it might be useful to plan times where your loved 1 can either meet existing friends and family or look to meet new people.

225 "Tahra Cessna" (1180606720)

00:29:51.329 --> 00:29:56.879

Routines can provide reassurance and comfort, but can limit social interaction with other people.

226 "Tahra Cessna" (1180606720)

00:29:57.324 --> 00:30:11.124

In order to overcome restrictive routines, you should plan to gradually introduce changing change by identifying 1 new place to go every week. For example, a local shop or grocery store. You can focus on places where it is possible to meet new people.

227 "Tahra Cessna" (1180606720)

00:30:11.634 --> 00:30:14.364

And then in time you may get to know people you are seeing regularly.

228 "Tahra Cessna" (1180606720)

00:30:14.729 --> 00:30:18.719

And then practice a few bits of smallpox such as how are you today?

229 "Tahra Cessna" (1180606720)

00:30:18.719 --> 00:30:22.499

This may help to reduce anxiety about making contact with new people.

230 "Tahra Cessna" (1180606720)

00:30:22.499 --> 00:30:25.949

We also can encourage your loved 1 to find social groups.

231 "Tahra Cessna" (1180606720)

00:30:25.949 --> 00:30:31.229

They may feel more motivated to join a social group where the members have similar interests as their own.

232 "Tahra Cessna" (1180606720)

00:30:31.229 --> 00:30:38.549

Having common ground, or something members enjoy talking about, makes it easier to start and maintain a conversation.

233 "Tahra Cessna" (1180606720)

00:30:38.549 --> 00:30:46.079

If your love 1 prefers communicating online, they could join an online community, which has forums, specifically for artistic people.

234 "Tahra Cessna" (1180606720)

00:30:46.079 --> 00:30:51.779

Take part in a group activity, once your love 1 identifies and activities, they are interested in.

235 "Tahra Cessna" (1180606720)

00:30:51.779 --> 00:31:06.689

Get in touch with groups that also enjoy these activities. 1 of the big questions. I often hear individuals ask is, should I tell people that I'm autistic if they are attending a group that isn't specifically for autistic people it's up to them, whether to tell people about their diagnosis.

236 "Tahra Cessna" (1180606720)

00:31:06.689 --> 00:31:14.579

Giving people this information can give them a better understanding of their needs and the group may better be able to offer additional support.

237 "Tahra Cessna" (1180606720)

00:31:14.579 --> 00:31:18.029

However, deciding to disclose is a big decision.

238 "Tahra Cessna" (1180606720)

00:31:18.029 --> 00:31:30.599

I'm not just if people have stated for them, disclosing left them vulnerable to believe if your loved 1 is joining a group where they don't know anyone they could try talking about the issue with their family or friends. 1st or with the person who organizes the group.

239 "Tahra Cessna" (1180606720)

00:31:30.599 --> 00:31:45.419

Don't let your loved 1 feel pressure to attend for the whole activity or meeting, or to go there on their own, especially at 1st over time they can increase the length of time. They stay eventually aiming to attend the whole session without additional support.

240 "Tahra Cessna" (1180606720)

00:31:45.419 --> 00:31:56.909

When meeting new people, it might be useful to have some prepared questions or introductions to start a conversation. You can use visual supports to assist with this rehearsal and social stories. Just as we mentioned throughout this um.

241 "Tahra Cessna" (1180606720)

00:31:56.909 --> 00:32:11.189

Session we also want to practice how to end a conversation, teach your loved 1 to watch out for signals that someone wants to end a conversation with you. And these may include not asking questions back looking around the room, or saying that they have something else to do.

242 "Tahra Cessna" (1180606720)

00:32:11.189 --> 00:32:20.669

Remember that each person is different, and that there is no right or wrong way to socialize. A lot of people both autistic and non autistic find social situations difficult.

243 "Tahra Cessna" (1180606720)

00:32:20.669 --> 00:32:27.719

Start slowly have patients and encourage your love 1 often as they navigate the social world.

244 "Tahra Cessna" (1180606720)

00:32:27.719 --> 00:32:39.779

As we open it up for questions, I wanted to share some resources with you all I, thank you for joining us today. And I hope that I've given you just a few ideas to help with gaining and building relationships and safety considerations for your loved 1.

245 "Alana Embriano" (2322135552)

00:32:47.549 --> 00:32:57.599

I am ready for questions. Great. Wonderful. Thank you so much time. I really appreciate it. So we do have a couple of questions here.

246 "Alana Embriano" (2322135552)

00:32:57.599 --> 00:33:05.579

Um, the 1st question is, uh, what age do you think it is appropriate to discuss autism?

247 "Alana Embriano" (2322135552)

00:33:05.579 --> 00:33:12.114

I'm assuming that's with the child or young adult with your loved 1. that's a very good question.

248 "Tahra Cessna" (1180606720)

00:33:13.464 --> 00:33:25.554

So, uh, my son is on the spectrum as well, my oldest son, and it took a while for us. It took a while for him to realize that he was different. I think, you know, for me.

249 "Tahra Cessna" (1180606720)

00:33:25.579 --> 00:33:39.254

Personally, as a parent, when he started to ask the questions about why he didn't have friends like kids weren't calling him, why he wasn't being invited. I, I started asking him. Like, what, what do you notice about yourself? Why do you feel that you're different and really? We really took it from there.

250 "Tahra Cessna" (1180606720)

00:33:39.254 --> 00:33:45.284

There are a lot of books that can help you with this. Um, so my son, it wasn't until the 9th grade for him. He's higher capable.

251 "Tahra Cessna" (1180606720)

00:33:45.579 --> 00:33:54.359

He was in typically, you know, typical classroom settings. He didn't have a lot of those, um, pull out requirements that other kids needed and he.

252 "Tahra Cessna" (1180606720)

00:33:54.359 --> 00:34:08.219

Didn't start noticing, obviously till an older age, but I think they start asking those questions and they start getting curious about things. You can start opening that conversation up again. There are books in literature on the right time and how to say it and how to broach that topic. Um, but I think.

253 "Tahra Cessna" (1180606720)

00:34:08.219 --> 00:34:12.629

You know, waiting until they they ask, we don't have to really share it. Otherwise.

254 "Alana Embriano" (2322135552)

00:34:17.309 --> 00:34:32.159

Great, thank you so much. Um, another question is, um, do you know, I have a good site for video modeling for non verbal cues, or with, uh, as they're getting into interested? Um.

255 "Alana Embriano" (2322135552)

00:34:32.159 --> 00:34:36.539

As they're getting interested in romantic relationships, the early teen stages.

256 "Tahra Cessna" (1180606720)

00:34:37.404 --> 00:34:48.834

I don't have a good site, and I should put my email address out here, because I can gather some further resources. If anybody wanted to email me, I can get that for them and put that together just. So that you have just some more things.

257 "Tahra Cessna" (1180606720)

00:34:48.834 --> 00:34:56.454

There is a lot of resources and information that I love to use and I could share with that with anybody that's on this or I can share with you a lot. I don't know if you send things.

258 "Tahra Cessna" (1180606720)

00:34:56.539 --> 00:35:04.529

Out, but I'm happy to give my email address if anybody wants that.

259 "Alana Embriano" (2322135552)

00:35:04.529 --> 00:35:09.029

Well, thank you. Um.

260 "Alana Embriano" (2322135552)

00:35:09.029 --> 00:35:13.649

I do know that there are some, um, good.

261 "Alana Embriano" (2322135552)

00:35:13.649 --> 00:35:24.569

Sites on, uh, on YouTube that do a lot of, uh, social stories and video modeling. Um, so that sometimes, but it's kind of hit or miss. So.

262 "Alana Embriano" (2322135552)

00:35:24.569 --> 00:35:35.219

The another last question is, um, for the friends network folks want to know is it for children or adults or both?

263 "Tahra Cessna" (1180606720)

00:35:35.724 --> 00:35:46.404

Um, both yeah, both, I think he targets teenagers and above, but he might have had expanded his network since I've joined it. You'll definitely get vetted by Trevor. He's really great.

264 "Tahra Cessna" (1180606720)

00:35:46.404 --> 00:35:53.904

If you do want to join and you have somebody that's not yet a teenager, but he does activities through throughout the globe and does connect people with special needs.

265 "Alana Embriano" (2322135552)

00:35:57.959 --> 00:36:10.679

It's great, thank you. Um, I think I've got another question that's just come in and feel free to continue to submit your questions as we're answering these.

266 "Alana Embriano" (2322135552)

00:36:10.679 --> 00:36:17.159

At what age? More or less should they be able to detect sarcasm?

267 "Tahra Cessna" (1180606720)

00:36:17.184 --> 00:36:27.504

Et cetera, you know, I, I work with adults, I worked with a 77 year old man, he never was able to pick up on sarcasm and that was fine.

268 "Tahra Cessna" (1180606720)

00:36:27.504 --> 00:36:37.134

He didn't have to he was able to navigate his world in his life in in a meaningful way without that. It really depends on on the learner. And if they. they

269 "Tahra Cessna" (1180606720)

00:36:37.159 --> 00:36:50.834

Don't pick up on it again. That's fine too. We want to just want to make sure that they're not being harassed or bullied. Right? We want to make sure that they pick up when somebody says to them. Hey, nice pants, for example, and they're really trying to be hurtful that we're not having our loved ones. Say, thank you. And hey, you're my friend.

270 "Tahra Cessna" (1180606720)

00:36:51.374 --> 00:36:57.134

So just letting them know if you're around and you hear it to say that they didn't, they didn't mean that that was sarcasm, pointing it out to them.

271 "Tahra Cessna" (1180606720)

00:36:57.159 --> 00:37:07.679

Can be helpful, but again, like I said, you know, some adults may never pick up on it and they are okay. It's fine. If they don't as long as they're not being harmed in any way.

272 "Tahra Cessna" (1180606720)  
00:37:07.679 --> 00:37:16.379  
Emotionally hard. Great Thank you.

273 "Alana Embriano" (2322135552)  
00:37:16.379 --> 00:37:29.009  
That's all the questions I have here at the moment. Um, maybe we'll give them a minute or 2 just in case any additional ones come in.

274 "Tahra Cessna" (1180606720)  
00:37:29.009 --> 00:37:34.349  
Sorry, that was that was quicker than I had planned for my apologies folks.

275 "Alana Embriano" (2322135552)  
00:37:53.639 --> 00:37:57.389  
So another question has come in.

276 "Alana Embriano" (2322135552)  
00:37:57.389 --> 00:38:00.929  
Um.

277 "Alana Embriano" (2322135552)  
00:38:00.929 --> 00:38:09.179  
Someone wants to know about kind of school choices for children with autism. Do they have to attend a special school or.

278 "Alana Embriano" (2322135552)  
00:38:09.179 --> 00:38:13.260  
Can they continue to attend in the regular school?

279 "Tahra Cessna" (1180606720)  
00:38:14.275 --> 00:38:28.615  
You know, this is a great question. It really depends. So, individuals on the spectrum typically need additional supports. So if the school is able to provide the supports that they need this could be speech and language occupational therapy behavioral supports.

280 "Tahra Cessna" (1180606720)  
00:38:28.710 --> 00:38:33.420  
Smaller classroom structure, modified instructions.

281 "Tahra Cessna" (1180606720)  
00:38:33.420 --> 00:38:48.355  
If those things are happening, and those needs are being met, they can go anywhere. Um, I started up a private school for children on the

spectrum. A lot of my students mainstream out for the majority of their academic portion of their day, but we've given them that foundation.

282 "Tahra Cessna" (1180606720)

00:38:48.355 --> 00:38:53.395

Right? We've given them the support that they need. I would say that it's not a bad thing to.

283 "Tahra Cessna" (1180606720)

00:38:53.420 --> 00:38:56.610

To find a school that might be geared for individuals.

284 "Tahra Cessna" (1180606720)

00:38:56.610 --> 00:39:03.480

Um, on the spectrum, if you're not finding the programs with through your local, private public or charter schools.

285 "Tahra Cessna" (1180606720)

00:39:03.480 --> 00:39:17.275

I will say charter schools are a little more required. They they do have to have IEPs but private schools do not. If your child has autism or any developmental delayed disability, you do want to get them evaluated by the school psychologists. You do you want to have that?

286 "Tahra Cessna" (1180606720)

00:39:18.205 --> 00:39:20.485

The is an individualized education plan.

287 "Tahra Cessna" (1180606720)

00:39:20.820 --> 00:39:31.225

This is going to allow for them to get those individualized instructions. You can also look into a 504 plan if your child has specific medical conditions, or needs this is going to just help them to have those accommodations throughout school.

288 "Tahra Cessna" (1180606720)

00:39:31.225 --> 00:39:40.345

So, they're protected that they're supported in a way that that is not going to leave them behind. It's not going to make the gap for academics is so great. is so great

289 "Tahra Cessna" (1180606720)

00:39:40.820 --> 00:39:54.435

Um, you know, sometimes I hear families, say, you know, it's so great. My child is mainstreamed and then I go and observe in the mainstream setting, but their child, while in the classroom, it's not engaging any of the academic activities during the back of the classroom. They're not having to take the spelling test.



290 "Tahra Cessna" (1180606720)

00:39:54.435 --> 00:40:00.795

They're not having to do the math work. That's not what we want. Right? We want them to be engaging in those activities. We want them to be getting.

291 "Tahra Cessna" (1180606720)

00:40:00.820 --> 00:40:10.470

The foundation, they need us early on as possible so that as they get older, the supports become less and less and eventually hopefully they are fully mainstream or can go into a typical college setting.

292 "Alana Embriano" (2322135552)

00:40:14.010 --> 00:40:19.980

Thank you.

293 "Alana Embriano" (2322135552)

00:40:19.980 --> 00:40:24.900

I'll just wait another minute, just in case any additional questions come through.

294 "Tahra Cessna" (1180606720)

00:40:24.900 --> 00:40:36.060

Sure, and just thank you everybody for being here. And just, I hope that you found some of this helpful if you need my email address, hopefully you've seen it can provide that.

295 "Tahra Cessna" (1180606720)

00:40:43.050 --> 00:40:48.090

Thanks.

296 "Tahra Cessna" (1180606720)

00:41:03.325 --> 00:41:03.655

Hello.

297 "Alana Embriano" (2322135552)

00:41:07.620 --> 00:41:13.500

Um, let's see, we did get another question here. Um.

298 "Alana Embriano" (2322135552)

00:41:13.500 --> 00:41:27.480

The person wants to know what do you recommend for those? Going into possibly college, but aren't extremely social. Uh, are there resources to determine if they're ready to go into college?

299 "Tahra Cessna" (1180606720)

00:41:27.985 --> 00:41:42.805

Well, that's a great question so I would definitely talk to their counselors. There are definitely people that have been working with them throughout their high school career. That could let, you know,

but there are also colleges that are fine for those that are not social. So, online programs right?

300 "Tahra Cessna" (1180606720)

00:41:42.955 --> 00:41:47.455

So that they can still earn that degree while they're not maybe having to navigate community, not having to navigate.

301 "Tahra Cessna" (1180606720)

00:41:47.480 --> 00:42:01.470

Social instances that they can do it from home. I would talk to their their school professionals to get an opinion and also talk to your loved 1. I mean, if you're thinking about college and they're articulate enough to say what they feel comfortable in doing and what path might be best.

302 "Tahra Cessna" (1180606720)

00:42:01.470 --> 00:42:04.980

I would certainly make them a part of that decision and that discussion.

303 "Alana Embriano" (2322135552)

00:42:11.550 --> 00:42:15.030

I think I got another question here.

304 "Alana Embriano" (2322135552)

00:42:17.215 --> 00:42:32.095

It's a question about a transition from school to work for a young adult. So, 18 to 21, if a child has limited abilities, but is relatively high functioning, is it better to encourage them to work in a regular work environment or try to look for a day program?

305 "Alana Embriano" (2322135552)

00:42:32.095 --> 00:42:34.855

What's the best way to. to

306 "Alana Embriano" (2322135552)

00:42:35.030 --> 00:42:36.810

In finding them a job.

307 "Tahra Cessna" (1180606720)

00:42:37.915 --> 00:42:50.635

It's great without knowing where you live. So I live in South Florida, and we have programs here that help identify 1st of all job placement and job coaching. We have what we call it the Medicaid waiver.

308 "Tahra Cessna" (1180606720)

00:42:50.665 --> 00:42:56.695

This is state funded program here that, that we can enlist to help us with the cost of that. So.

309 "Tahra Cessna" (1180606720)

00:42:56.810 --> 00:43:11.505

The 1st thing you want to do is, do some job readiness think about what your loved 1 enjoys? Doing what they're good at for example, I had a gentleman I worked with that loved vacuum cleaner. I mean, he could just tell you literally anything about every vacuum cleaner. He loved to take him apart.

310 "Tahra Cessna" (1180606720)

00:43:11.505 --> 00:43:16.635

Well, we had a work in a vacuum store. He was able to the Kirby store that was local here. He was.

311 "Tahra Cessna" (1180606720)

00:43:16.810 --> 00:43:26.555

Seeing them he was talking about them, he engaged the clients there, so think about what they do well, what they enjoy doing and see if there isn't either a job opportunity, or even a volunteer opportunity,

312 "Tahra Cessna" (1180606720)

00:43:26.555 --> 00:43:36.785

even getting them their foot in the door in some way through volunteer opportunities can then lead to something that will then eventually pay. I work with my like a lot of community owners here.

313 "Tahra Cessna" (1180606720)

00:43:36.810 --> 00:43:51.565

So, different restaurant tours, I've fostered 1 of my former clients, and he now works at a restaurant where he's able to roll the silverware, wipe the menus, help set the tables and do things like that but just letting them know, like, hey, I have this person.

314 "Tahra Cessna" (1180606720)

00:43:52.015 --> 00:43:53.335

They're, they're good at these.

315 "Tahra Cessna" (1180606720)

00:43:53.610 --> 00:44:02.490

Fields are not good at these. What could we do? Um, how could you help me? Publics is a great is a great 1 restaurants. Sometimes will help. You can just think about.

316 "Tahra Cessna" (1180606720)

00:44:02.490 --> 00:44:11.880

Again, the strengths and interest of your loved 1, and where they might best be suited and if really a school or, excuse me if a job placement isn't working yet, you can try a date program.

317 "Tahra Cessna" (1180606720)

00:44:11.880 --> 00:44:20.395

We want to get them into something right? We don't want them graduating and sitting at home with us. It's just not the best life. It's not a good quality of life. We want to get them engaged in some way.

318 "Tahra Cessna" (1180606720)

00:44:20.395 --> 00:44:31.855

So, even if it's through volunteer, but again, using their strengths and interest, that's going to be your, your best staple and then just do some sampling. See if there's things in your community that will allow them to either shadow for a day or just be there.

319 "Tahra Cessna" (1180606720)

00:44:31.880 --> 00:44:35.340

And see what they really like, um, you'll find that it.

320 "Tahra Cessna" (1180606720)

00:44:35.340 --> 00:44:48.000

The more you educate the people in your community, those business owners of small business owners, the more open mindedness you're going to get the more willingness you're going to get. I've had a lot of doors open for for me and my, for my families that I work with.

321 "Tahra Cessna" (1180606720)

00:44:48.000 --> 00:44:52.050

So, I think just go ahead and ask and try those different activities.

322 "Tahra Cessna" (1180606720)

00:44:52.050 --> 00:44:58.650

Thank you so much.

323 "Alana Embriano" (2322135552)

00:44:58.650 --> 00:45:05.190

Sure.

324 "Alana Embriano" (2322135552)

00:45:08.910 --> 00:45:14.580

So, I'll just give it another minute or 2 just cause questions are kind of filtering in.

325 "Tahra Cessna" (1180606720)

00:45:14.580 --> 00:45:18.600

Questions Thank you.

326 "Tahra Cessna" (1180606720)

00:45:18.600 --> 00:45:19.170

Course.

327 "Alana Embriano" (2322135552)

00:46:18.600 --> 00:46:25.530  
Okay, do you have another question? Um.

328 "Alana Embriano" (2322135552)  
00:46:25.530 --> 00:46:29.970  
I'm not sure if you're aware of this, but, um.

329 "Alana Embriano" (2322135552)  
00:46:29.970 --> 00:46:42.060  
The questions is, you know, speaking of protection, my son has been denied twice from life insurance companies. Are there any insurance companies that will ensure juveniles with autism that you're aware of?

330 "Tahra Cessna" (1180606720)  
00:46:43.555 --> 00:46:55.435  
No, not that I am aware of it. That's something that I hadn't heard before. Huh? I'm sorry that I don't know but if you wanted to email me, I'm happy to do some research. I do have a lot of connections.

331 "Tahra Cessna" (1180606720)  
00:46:55.855 --> 00:47:02.035  
We serve individuals in 2007 States, and they'd have different lobbyists and lawyers that I work with and I can always ask them if they know. if they know

332 "Tahra Cessna" (1180606720)  
00:47:02.060 --> 00:47:10.350  
Just to see, but that's something that I hadn't heard before. I'm sorry that you're being denied.

333 "Tahra Cessna" (1180606720)  
00:47:10.350 --> 00:47:21.390  
Oftentimes for this public school system, though, you can get some form, some kind of policy too. I know. It's probably not exactly what you're seeking but I know that there are some insurances that, but you can sometimes get through your public school district.

334 "Alana Embriano" (2322135552)  
00:47:24.780 --> 00:47:39.390  
Great, thank you. Got a couple more questions and, um, just a comment from somebody who wanted to share that special Olympics is a great way to build skills and esteem and connect with other families. Um, it's not all about the sports.

335 "Tahra Cessna" (1180606720)  
00:47:40.195 --> 00:47:53.905  
Yes, I am actually a special Olympics coach. I coach stand up paddle boarding and surfing. So I actually have my practice tonight and I might at least age and range from 9 to 45 and it's such an awesome thing. And they all get together.

336 "Tahra Cessna" (1180606720)

00:47:53.905 --> 00:47:59.185

We, we travel to state together. I drive them all. We all it's a very social. We. we

337 "Tahra Cessna" (1180606720)

00:47:59.985 --> 00:48:14.805

Have a great time and it's wonderful to see my older athletes encouraging my younger athletes, man graphics to start to really blossom. It really is a great a great thing. So, thank you for. Bringing that up. I mean, anything that you can get, your loved 1 engaging in special Olympics is such a I love that organization.

338 "Tahra Cessna" (1180606720)

00:48:15.375 --> 00:48:18.615

They really care about those athletes and it's a lot of great volunteers too.

339 "Alana Embriano" (2322135552)

00:48:22.075 --> 00:48:32.845

Thank you so much another question about assessment is there a way to assess if a child has autism or not without going to a therapist right away?

340 "Alana Embriano" (2322135552)

00:48:33.115 --> 00:48:40.165

My son is somewhat lacking in social skills and keeps to himself, but is otherwise a very bright kid and does very well academically.

341 "Tahra Cessna" (1180606720)

00:48:41.640 --> 00:48:45.960

That's wonderful. So that, that was the issue with my son. Um, what.

342 "Tahra Cessna" (1180606720)

00:48:46.555 --> 00:48:58.045

Technically, when you think about a diagnosis of autism, when you think about a true autism, we do have to do an assessment and the reason we say this is because if we do these assessments and your child scores very high above, you know, all those domains.

343 "Tahra Cessna" (1180606720)

00:48:58.225 --> 00:49:05.785

Well, then we say they're typically developing, and if they score very low across all of those domains, then we say developmental delay, intellectual disability. What have you.

344 "Tahra Cessna" (1180606720)

00:49:05.960 --> 00:49:19.575

But, if they score high and low, right across, you know, we see these

splinter skills we call them because they're so great over here. But yet they can't grasp this concept. That is where you see the pattern of autism. That's where we get the autistic diagnosis from.

345 "Tahra Cessna" (1180606720)

00:49:19.575 --> 00:49:23.985

So, to say, whether or not you're centrally is on the spectrum, we would want to do 1 of those just to.

346 "Tahra Cessna" (1180606720)

00:49:24.330 --> 00:49:38.845

Say that this is truly autism um, but they don't have to necessarily have a diagnosis to thrive in life. Right? They don't have to have that as long as you're figuring out. Okay. The gaps are socially. Here's what I'm going to bulk up. Here's where I'm gonna really help them. It's in those social domains. I'm going to get them in social skills.

347 "Tahra Cessna" (1180606720)

00:49:38.845 --> 00:49:44.245

I'm gonna get them into those activities where they can be more meaningful. I can get them into sports. Doesn't necessarily have.

348 "Tahra Cessna" (1180606720)

00:49:44.330 --> 00:49:55.815

Be Special Olympics, it can be some kind of a sports event, but we want to do that just to just to see and you can have your school psychologists do it. What you're saying is I want to rule out autism. Right? It's not like, hey, I want to know what's wrong with them.

349 "Tahra Cessna" (1180606720)

00:49:55.845 --> 00:50:04.305

There's nothing wrong with them, but I want to know, like, you know, I want to roll this out and your school psychologists can do that. And if they find that yeah, we are seeing these Linder skills you can then seek out a medical diagnose.

350 "Tahra Cessna" (1180606720)

00:50:04.330 --> 00:50:13.955

If you still wanted the reason it's good to have a diagnosis is because once you have that you have Medicaid, private insurances, state,

351 "Tahra Cessna" (1180606720)

00:50:13.955 --> 00:50:21.215

funding plans that can then help support the costs of the things that they might need later in life. And this can be anything from.

352 "Tahra Cessna" (1180606720)

00:50:21.600 --> 00:50:31.770

Job coaching to personal care assistant to respite care for your parents consumable costs. You know, there are so many things APA, therapy, speech occupation. So, you know, it's.

353 "Tahra Cessna" (1180606720)

00:50:31.770 --> 00:50:34.980

Not something that I would say, necessarily don't want to seek out.

354 "Tahra Cessna" (1180606720)

00:50:34.980 --> 00:50:41.700

Because you can, there's benefits to it. Um, but we do want to do a formal assessment, just to make sure that we're seeing splinter skills.

355 "Alana Embriano" (2322135552)

00:50:41.700 --> 00:50:53.730

And as a, as a psychologist that used to do testing, I just would love to add if you don't mind, um, that, you know.

356 "Alana Embriano" (2322135552)

00:50:53.730 --> 00:51:02.305

I think sometimes not everyone is aware of just how nuanced autism can be, and how different it can look in every child.

357 "Alana Embriano" (2322135552)

00:51:02.785 --> 00:51:13.675

And so, um, a lot of times the media shows, just a very narrow view of what that looks like. So, for you, you know, for everyone, you may not be able to.

358 "Alana Embriano" (2322135552)

00:51:13.730 --> 00:51:16.170

Tell, you know.

359 "Alana Embriano" (2322135552)

00:51:16.435 --> 00:51:30.835

Just by observing your child or, you know, so it is very helpful to seek out a professional opinion and an assessment, um, for that reason. Um, and just like Tara said to rule it out.

360 "Alana Embriano" (2322135552)

00:51:31.105 --> 00:51:36.115

Um, but also because other things could be going on as well. And you'd want to know if it's not autism.

361 "Alana Embriano" (2322135552)

00:51:36.170 --> 00:51:39.480

What what else could it possibly be? Um.

362 "Alana Embriano" (2322135552)



00:51:39.480 --> 00:51:44.100

So, I, I do agree that it's it's a it's a very prudent step to take.

363 "Alana Embriano" (2322135552)

00:51:44.100 --> 00:51:50.580

We have a couple more questions that have come in. Um.

364 "Alana Embriano" (2322135552)

00:51:50.580 --> 00:52:04.260

And 1 of the questions are, are there waivers for housing? What type of independent housing opportunities or programs would be available, which I'm guessing is for young adults who those kind of aging out of child services.

365 "Tahra Cessna" (1180606720)

00:52:04.495 --> 00:52:16.825

Yeah, so again, I'm in South Florida, there are housing opportunities. Unfortunately you can imagine the waitlist that go along with those I would say, you know, contact state programs. They're going to be able to give you those informations.

366 "Tahra Cessna" (1180606720)

00:52:16.825 --> 00:52:23.935

If you have any like, centers for autism and related disabilities near you that you could ask, you know, finding your local chapters, they're going to have the.

367 "Tahra Cessna" (1180606720)

00:52:24.260 --> 00:52:25.410

Is on the housing.

368 "Tahra Cessna" (1180606720)

00:52:25.705 --> 00:52:40.165

But, again, you want to get them on the waitlist as soon as possible, because those are typically more challenging. There are a lot of great homes here in South Florida. These are ones what I'm talking about are for those that just need some support.

369 "Tahra Cessna" (1180606720)

00:52:40.165 --> 00:52:45.055

That's not like a group home. It's true housing where they're living independently with what we call roommates and.

370 "Tahra Cessna" (1180606720)

00:52:45.410 --> 00:52:59.415

And then they have professionals that come in, to make sure that they are eating well, and that the doors are locked and that they are turning the lights off and it still off and things like that. But, um, yeah, you would want to contact local representatives to see what you have available in your area.

371 "Alana Embriano" (2322135552)  
00:53:03.625 --> 00:53:04.765  
Great, thank you so much.

372 "Alana Embriano" (2322135552)  
00:53:04.825 --> 00:53:18.775  
Um, i1 more question, uh, how do you have a conversation with folks who are approaching 18 or adulthood who assume that they can live on their own and do what they want and live independently?

373 "Alana Embriano" (2322135552)  
00:53:18.775 --> 00:53:22.375  
When the parent knows, they aren't ready, but you don't want to put them. them

374 "Alana Embriano" (2322135552)  
00:53:22.460 --> 00:53:23.190  
Down.

375 "Tahra Cessna" (1180606720)  
00:53:24.685 --> 00:53:39.145  
That's challenging. So, what we want to think about is what are the skills needed to live independently and maybe together you create this independence plan with your loved 1, and you write everything down right? It's paying bills. Right? It's recognizing stranger danger.

376 "Tahra Cessna" (1180606720)  
00:53:39.145 --> 00:53:43.165  
It's recognizing when you have to take your trash out, it's cleaning up after yourself, it's cleaning.

377 "Tahra Cessna" (1180606720)  
00:53:43.515 --> 00:53:57.015  
It's chopping, it's cooking, it's those things it's taking care of yourself. It's getting to your appointments on time create that list, have them engage in it and then start practicing. Let them do that in your own home do a self monitoring checklist right? What does that behavior? Look like, when it's done.

378 "Tahra Cessna" (1180606720)  
00:53:57.015 --> 00:54:02.865  
Well, right maybe you have to take pictures of it. When I take the garbage out. This is what it looks like right? If you want to take pictures or just define it.

379 "Tahra Cessna" (1180606720)  
00:54:03.190 --> 00:54:17.525  
Um, and then give it a month and say you're gonna do these things we're gonna monitor you tell me, did you do it? Yes. Or no. Did you do

it? Well, yes or no and they can start checking we can make checklist for them. And if we see that the majority of the responses are, no, I didn't do them. Well, let's work on those. Where, where did I not?

380 "Tahra Cessna" (1180606720)

00:54:17.735 --> 00:54:23.075

Where did I fall short? And if I am doing them, and maybe parents were going to see, like, hey, they're actually doing much.

381 "Tahra Cessna" (1180606720)

00:54:23.190 --> 00:54:28.440

Better than I anticipated, maybe they are ready. So I, I would create a little a little list.

382 "Tahra Cessna" (1180606720)

00:54:28.440 --> 00:54:32.040

I would mark it out so that you can monitor it every day.

383 "Tahra Cessna" (1180606720)

00:54:32.040 --> 00:54:36.054

Figuring out what schedule needs to happen on which days did they do it? Did they not did they do it?

384 "Tahra Cessna" (1180606720)

00:54:36.054 --> 00:54:50.395

Well, or did they not and have them be a part of that because you don't want to be the 1 always scoring them to say you didn't do it you didn't do it you didn't do it have them recognize it and if they say they did, do it and you say, well, I disagree and here's why I show them why show them what it needs to look like again modeling.

385 "Tahra Cessna" (1180606720)

00:54:50.515 --> 00:54:51.985

You can use video, modeling video.

386 "Tahra Cessna" (1180606720)

00:54:52.825 --> 00:55:04.045

You know, video of them doing it and say, Here's what Here's why what do you think you did? Well, what do you think you didn't do? Well, we want our loved ones to have that independence and I love that. Your loved 1 is feeling like they're ready. Right?

387 "Tahra Cessna" (1180606720)

00:55:04.045 --> 00:55:12.025

We want to let them fly, but we want to make sure that we're setting them up for success and so have those conversations with them. And let's see how they do. And.

388 "Tahra Cessna" (1180606720)

00:55:12.350 --> 00:55:16.470

You know, put it back on them to say, if you think you're ready, this is what needs to happen. Let's let's see, you do it.

389 "Alana Embriano" (2322135552)

00:55:23.155 --> 00:55:33.385

Thank you so much. Um, well, that's kind of the end of our questions at this point and I, uh, we're kind of coming to time. So I want to be mindful of that.

390 "Alana Embriano" (2322135552)

00:55:33.595 --> 00:55:40.705

I was just wondering if you might be able to just say your email here. Um, because it will.

391 "Alana Embriano" (2322135552)

00:55:40.730 --> 00:55:49.530

Be recorded and available on the website so, even if people aren't here live, they'll be able to catch that um, you know, at their convenience.

392 "Tahra Cessna" (1180606720)

00:55:49.530 --> 00:56:01.050

Okay, so my email address is T, as in Tom C as in cat is an elephant as in Sam, as in Sam and as in Nancy.

393 "Tahra Cessna" (1180606720)

00:56:01.050 --> 00:56:04.920

It is an Apple team.

394 "Tahra Cessna" (1180606720)

00:56:04.920 --> 00:56:15.120

P. B. S. dot com. Wonderful. Thank you so much.

395 "Alana Embriano" (2322135552)

00:56:16.675 --> 00:56:24.865

Well, I want to thank everyone for attending and thank you, especially to Tara for providing such wonderful information again.

396 "Alana Embriano" (2322135552)

00:56:24.865 --> 00:56:34.975

If you have question about therapies discussed today or questions, we were unable to answer you the time, please contact the autism team by calling the number on your insurance card and.

397 "Alana Embriano" (2322135552)

00:56:35.120 --> 00:56:45.060

As stated earlier a recording will be available online at W. W. W dot signal dot com. Backslash autism. Once this is finalized.

398 "Alana Embriano" (2322135552)

00:56:45.060 --> 00:56:56.220

Please make sure to mark your calendars to join us next month on Thursday, June 8th where will we? We will be discussing excuse me trauma informed care.

399 "Alana Embriano" (2322135552)

00:56:56.220 --> 00:57:03.024

Thank you very much and have a great day.