

AUTONOMOUS OVER INDEPENDENT

Part 2

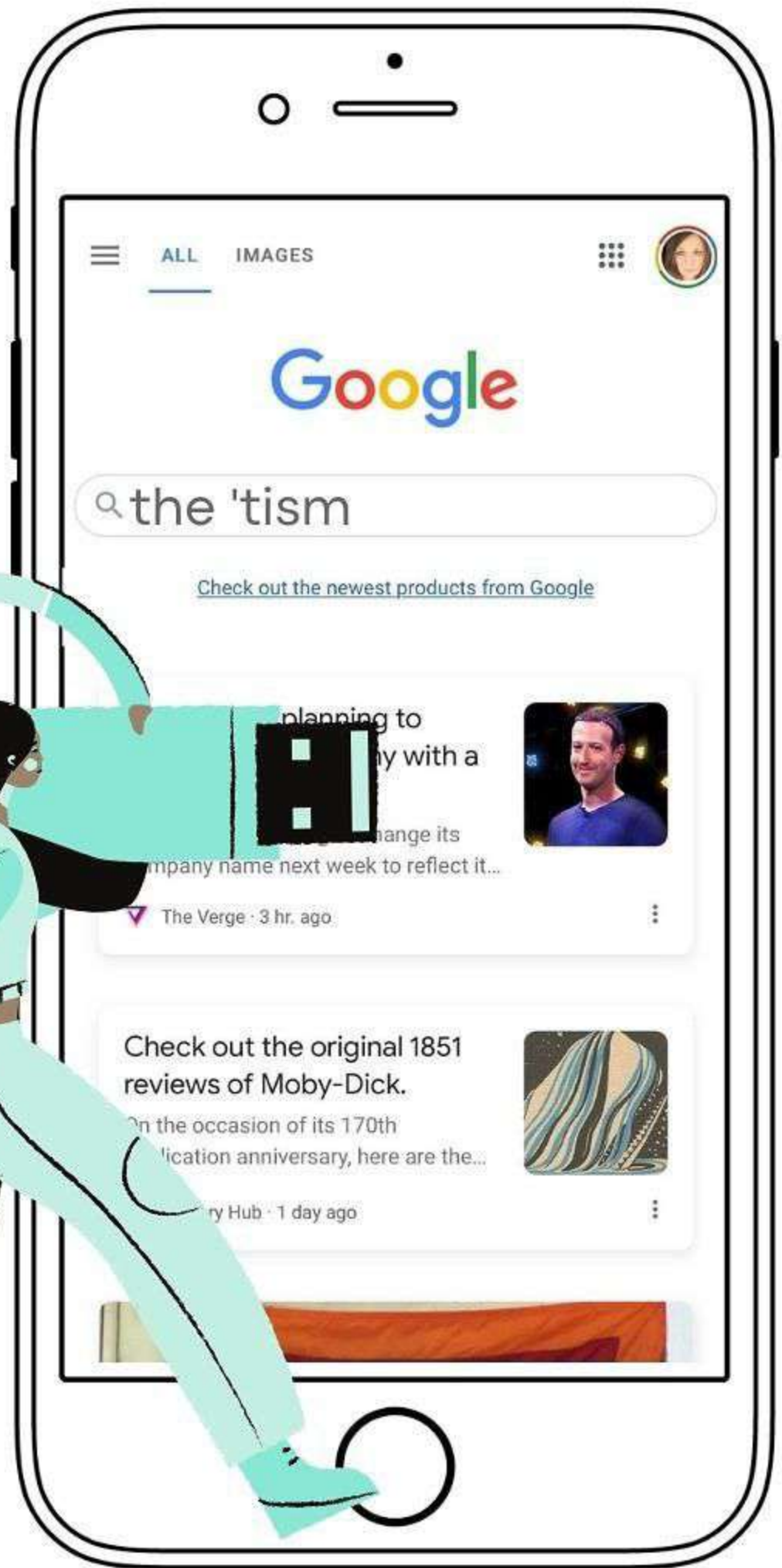
**Reframe your language,
reframe your practice.**

**On toxic approaches
to "autism therapy"**

ON GOOGLING AUTISM...

The following slides
are some of the first
results when
Googling "autism"
and "therapy."

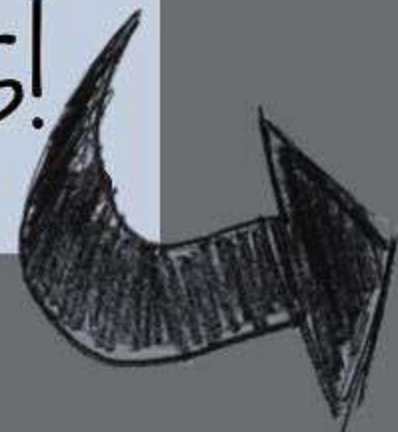
After the original
quotes, there are
edited quotes that
prioritize autonomy
over independence.



“ Many parents of children on the spectrum worry that their child can never have the level of freedom their neurotypical peers experience in adulthood. While for some this may be true to one extent or another, independence is something that can be built in any child on the spectrum. ”

Retrieved 2021 from
<https://theplaceforchildrenwithautism.com>

• Let's fix this! •



“ Many parents of autistic children worry that their child can never have the level of freedom their neurotypical peers experience in adulthood. This is because society overvalues independence and undervalues interdependence. Let's see what accommodations can give them more autonomy! ”

Adapted 2021 from
<https://theplaceforchildrenwithautism.com>

Fixed It!



Can a person with autism spectrum disorder live an independent adult life? The simple answer to this question is yes, a person with autism spectrum disorder can live independently as an adult. However, not all individuals achieve the same level of independence. The focus of intervention services is to help the individual achieve their highest possible level of independence, and that won't look the same for everyone.

Retrieved 2021 from
<https://www.tpathways.org>



Can an autistic person live an autonomous adult life? The simple answer to this question is yes, definitely! Not all individuals achieve the same level of independence, but the right supports can mean equal autonomy. The focus of support services is to help the individual find ways to know themselves, choose a career path that matches their strengths and passions, then providing with the right accommodations to live their best life.

Adapted 2021 from
<https://www.tpathways.org>

THAT'S MORE
LIKE IT!

YAY



Remember your first time driving on your own at 16? The fresh air blowing in your hair, blaring your favorite song, deciding to take a left instead of a right—simply because you can. At 16 years old, all I craved was independence. Now as a Board Certified Behavior Analyst (BCBA), I spend a lot of time helping children with autism achieve their own independence.

Vikes

Retrieved 2021 from
<https://aimclinics.com>



Some autistic people can drive, but visual processing or motor planning deficits can make it unsafe for others. At 16 years old, all kids are looking to define themselves as autonomous. There are lots of ways to keep that autonomy without being a driver. Let's look into if they can drive, and if not, on staying safe with friends, navigating public transport, and other ways to get them where they want to go with autonomy!

YES!!!

Adapted 2021 from
<https://aimclinics.com>



**AUTISTIC PEOPLE ARE NOT STRUGGLING
BECAUSE THEY DON'T HAVE LIFE SKILLS**

THAT'S NOT THE PROBLEM...

They are struggling because they have deficits in motor planning, executive functioning, visual processing, auditory processing, sensory regulation, and/or they're experiencing bullying or social exclusion. They need supports for their very real disability. No amount of willpower erases their real disability.

INVISIBLE DISABILITY

IS REAL



“

Neglecting to teach autistic people about their neurological differences and disability sets them up for a lifetime of believing they are just lazy, willful, and a burden. They will still have disabilities, but they won't know what that means. They'll think it means they're wired to be inadequate.

**STOP
IT!**

@NEUROCLASTIC