



Self-Help Skills for People with Autism

A SYSTEMATIC TEACHING APPROACH



Stephen R. Anderson, Ph.D., BCBA, Amy L. Jablonski, Psy.D.,
Marcus L. Thomeer, Ph.D., & Vicki Madaus Knapp, Ph.D., BCBA

Stephen R. Anderson and

Self-Help Skills for People with Autism: A Systematic Teaching Approach (Topics in Autism)



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(2008 IPPY Award: Bronze Medalist, Psychology/Mental Health) Learning self-help skills (eating, dressing, toileting, and personal hygiene) can be challenging for those who have autism, but is essential for independence. For instance, a 12-year-old with the self-feeding skills of a toddler (who was excluded from the school cafeteria), is taught to remain at the desk to eat a full food using utensils. With an encouraging tone, the authors--behavior analysts and psychologists--emphasize that it is worthwhile to devote the excess time and effort now to instruct skills rather than have your child be forever dependent on others. The many case studies throughout SELF-HELP SKILLS depict people with deficits in specific self-care tasks, and demonstrate how a coordinated and systematic strategy works well in teaching more complex skills. SELF-HELP Abilities FOR THOSE WHO HAVE AUTISM thoroughly describes a systematic strategy that parents and educators can use to instruct basic self-care to kids, ages two years to early teens, and even older individuals. A chapter is specialized in each one of the four skill areas (eating, dressing, toileting, personal hygiene) offering complete insight and particular instruction strategies.; Apply a systematic method of instruction that consistently employs proven methods for teaching people with autism including verbal prompting, reinforcers/benefits, chaining, graduated assistance, shaping, modeling, visual helps, etc. Use task evaluation to break complex skills into a group of small steps which will later be linked together to form the more complex skill; Monitor improvement by collecting and examining data; Modify the approach as needed to achieve the target objective. The book's beginning chapters describe the teaching process at length: Specify the target skill to be trained after prioritizing the self-care tasks that are most important and will likely have the greatest success price; Appendices contain forms to complete for task analyses, instructional plans, and data collection.



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Tons of great concepts and detailed how-tos to help me teach my child without being too ridged into the guidance. Well worth the price! Why did I have to teach my child to wash his own hands and feel the techniques to obtain dressed when it is faster to do it myself? This book gives much needed perspective on that with a plan for figuring out where my kid is and how to get him where he must be. In addition to theoretical understanding, this book has plenty of great checklists for application. Two Stars not worth of information good book for people who use autistic individuals Crystal clear and concise directions good examples of how to proceed and it creates it clear that every autistic person can be an individual and may learn differently from another person. I allow parents borrow this, they enjoy the resource. Five Stars This is a gift Autism This is an excellent resource for parents who've a kid with Autism. I have found great tips that contributed to potty training and will tackle the other things once that's established. Good choice I think this is a very helpful resource. Five Stars Very good. Kindle purchase This kindle book provided the info that I was looking for. It gave specific examples on teaching hygiene abilities and also information regarding teaching those on the spectrum. My kid's OT needs have become sensory oriented, therefore I didn't actually get that I needed to concentrate on teaching him how exactly to learn to look after himself. Great guide to greatly help your kid. Help With Self Help Before scanning this book, I had relatively of a disconnect between Occupational Therapy and self help. Some of the tips were god-transmits as I was starting to really battle to teach my kid certain concepts. I highly recommend.



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