

AUTISM 101: Pennsylvania's Services & Support For Individuals With Autism

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Bureau of Autism Services*



Agenda

Office of
Developmental
Programs:
Bureau of Autism
Services



Adult Programs



**Lifesharing Service:
Experiences**



Understanding Autism

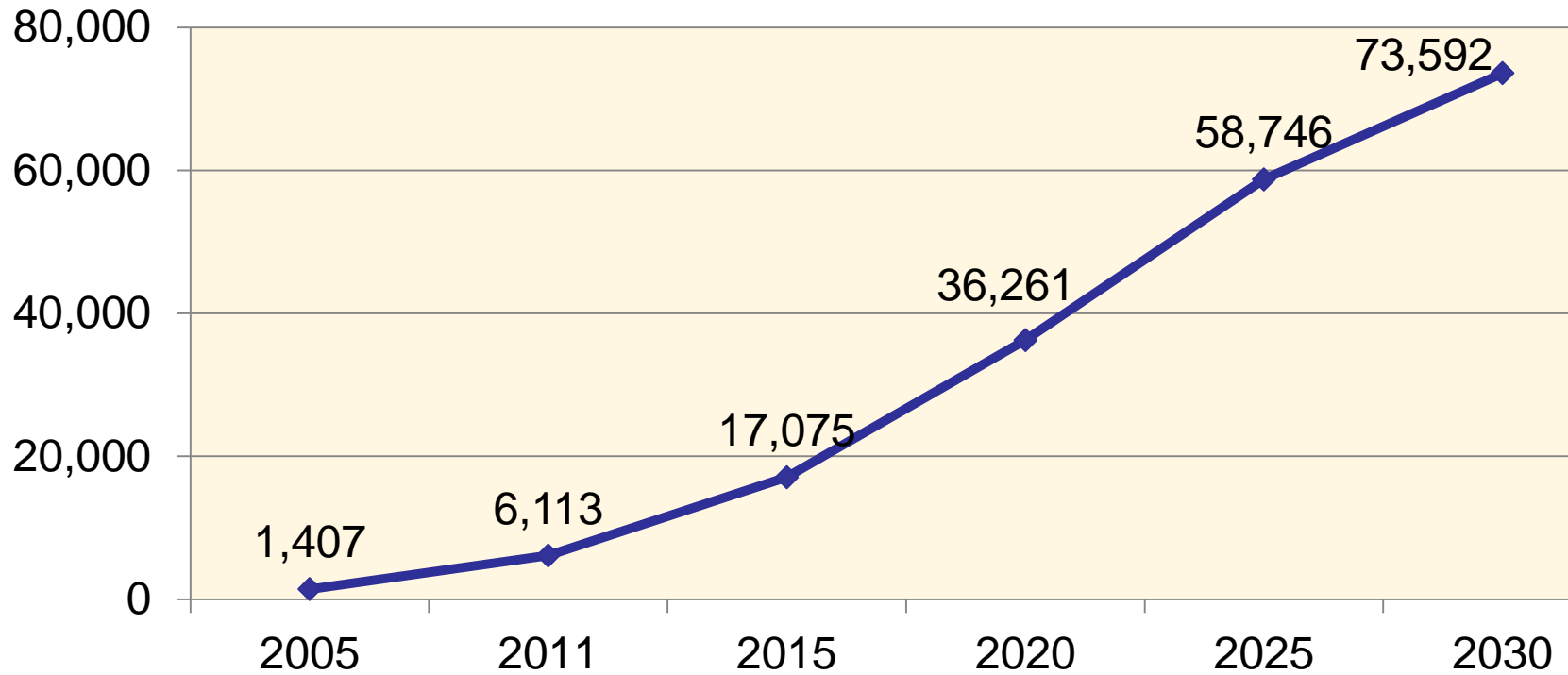


ASERT Collaborative

The Need that Gave Rise to Programs for Adults: ASD Prevalence



Number of Adults with ASD Receiving Services in Pennsylvania (2015-2030 Projected)

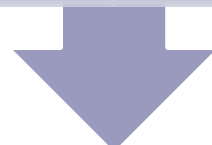




PA Autism Task Force (2003-2004)

250 Stakeholders

12 Subcommittees



5 Primary Recommendations



Develop an autism-specific programs to allow for greater flexibility & creativity

Starting at age 21 and without age limit

Priority for those not already receiving long term services

IQ not a consideration for eligibility (ICF/ORC and ICF/IID)

Administered directly by the state Medicaid agency



ODP

Bureau of Community Supports (BCS)

Bureau of Autism Services (BAS)

Consolidated Waiver

Person/Family Directed Support (PFDS) Waiver

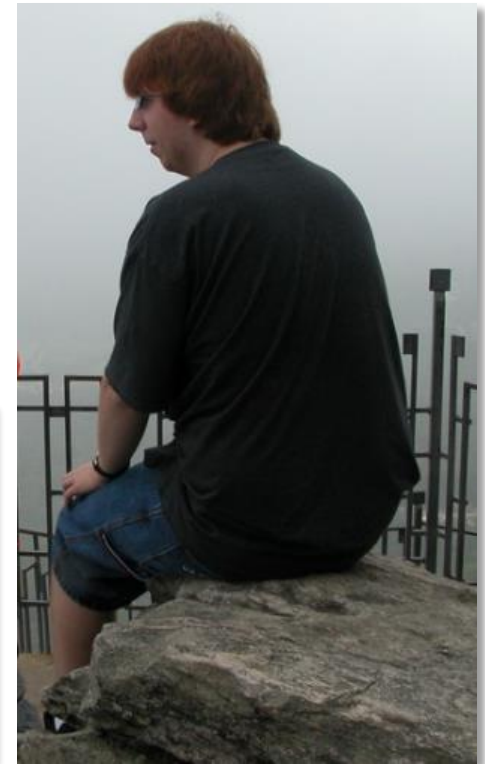
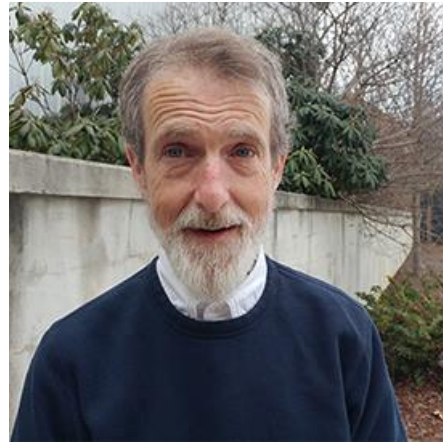
Community Living Waiver

Adult Autism Waiver (AAW)

Adult Community Autism Program (ACAP)

Individuals with autism, regardless of their complexities or their challenges, with the right kind of support, provided by individuals who are trained to understand how to support them, can make progress toward a life of quality, dignity and joy.





ADULT AUTISM SERVICES

Autism Eligibility Expansion



- ODP's ID/A waivers expanded eligibility in 2017 to provide supports to individuals with ASD, without ID.
- Individuals on the wait list for ODP's programs may be eligible to receive Targeted Case Management services.

- The Adult Autism Waiver (AAW) and Adult Community Autism Program (ACAP) were specifically designed to address the unique needs of adults with ASD.
- Administered at the state level directly by BAS
- Providers required to complete autism-specific training and meet standards before and after enrolling to provide services
- Clinical and technical assistance available to enrolled providers
- Service planning and measures of success based on individual goals
- Services based upon proven approaches to help individuals realize their goals

- Assistive Technology
- Career Planning
 - ◆ Job Finding
 - ◆ Vocational Assessment
- Community Transition Services
- Day Habilitation
- Family Support
- Home Modifications
- Nutritional Consultation
- Residential Habilitation
- Respite
- Specialized Skill Development
 - ◆ Behavioral Specialist Services
 - ◆ Systematic Skill Building
 - ◆ Community Support
- Supported Employment
 - ◆ Extended Employment Supports
 - ◆ Intensive Job Coaching
- Supports Coordination
- Temporary Supplemental Services
- Therapies (Speech/Language Therapy, Counseling)
- Transitional Work Services
- Vehicle Modifications

ACAP Services



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- All physician services (including emergency services provided by a physician, psychiatric services, and direct access to a woman's health specialist to provide women's routine and preventive health care services)
- Certified registered nurse services
- Intermediate care facility (ICF)
- Non-emergency medical transportation to services covered under the Medical Assistance program
- Nursing facility services
- Optometrists' services
- Chiropractors' services
- Audiologist services
- Dentist services
- Health promotion and disease prevention services
- Medical supplies and durable medical equipment
- Outpatient psychiatric clinic services
- Respiratory Services
- Assistive Technology
- Family Support
- Homemaker/chore services
- Career Planning
- Respite
- Supports Coordination
- Prosthetic eyes and other eye appliances
- Hospice services
- Mental health crisis intervention services
- Behavioral Support (similar to Behavioral Specialist Services in the Adult Autism Waiver)
- Systematic Skill Building (1/1/18)
- Community Support
- Community Transition Services
- Crisis Intervention Services
- Adult Day Habilitation
- Home and/or Vehicle Modifications
- Non-medical transportation
- Personal assistance services
- Residential Habilitation
- Supported Employment
- Visiting nurse
- Physical, occupational, vision and mobility, and speech therapies (group and individual)



RESIDENTIAL SERVICES: COMMUNITY HOMES & FAMILY LIVING

Community Homes

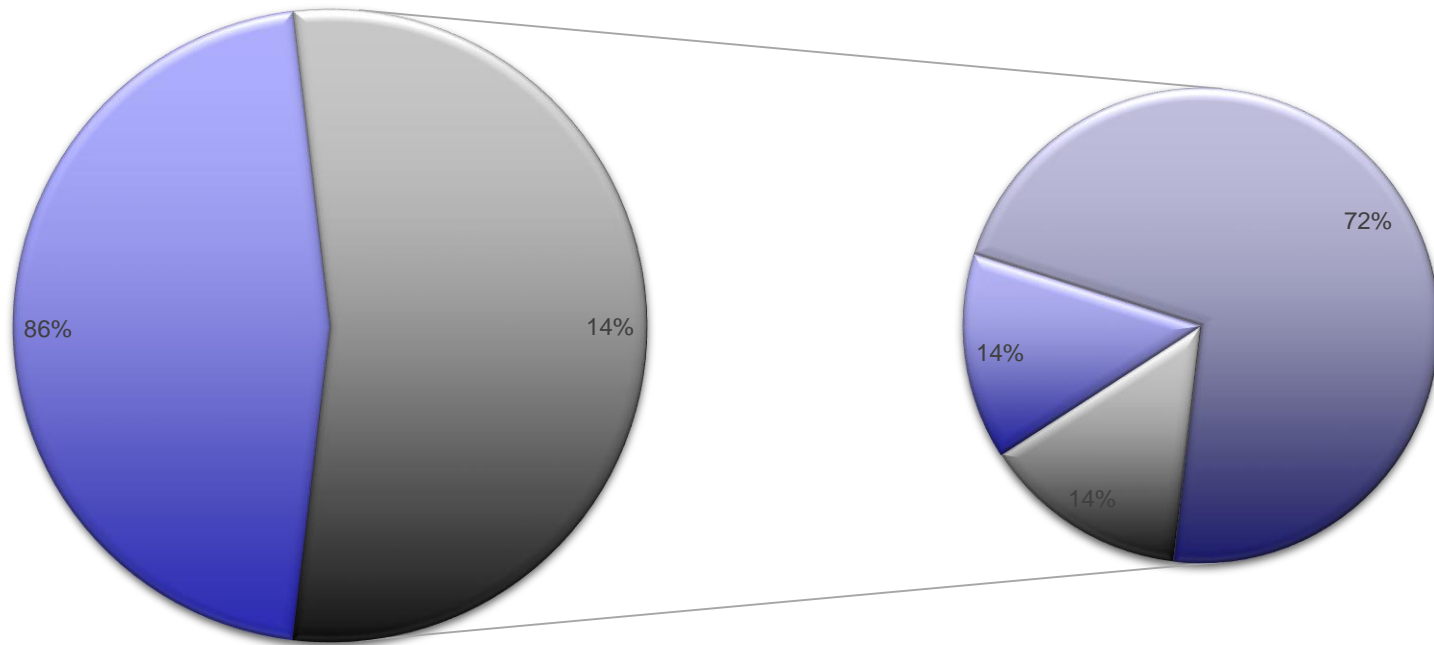
Family Living

Intent is to reduce the need for direct personal assistance by improving the participant's capacity to perform these tasks independently

- Intensive +
- Intensive
- Extensive
- Limited
- Light

- High
- Medium
- Low

AAW: Residential Services



■ Community Homes

■ Low

■ Medium

■ High



JORDAN L. A STORY OF BECOMING AN ADULT



CATHY: DEALING WITH TRANSITION



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UNDERSTANDING AUTISM



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Individuals with Autism are Lifelong Learners



AUTISM IS A LIFESPAN DISORDER



Autism is not a childhood disorder and does not go away in adulthood, though the symptoms and presentation may change.



Take away:
Capitalize on opportunities for learning



Motivational issues are not inherent to the autism diagnosis.



Autonomy

Mastery

Purpose



*Take Away:
Focus on building skills towards things that are
meaningful and functional*



Prioritization of skills should account for age appropriate and socially normed expectations.

A Loving Push



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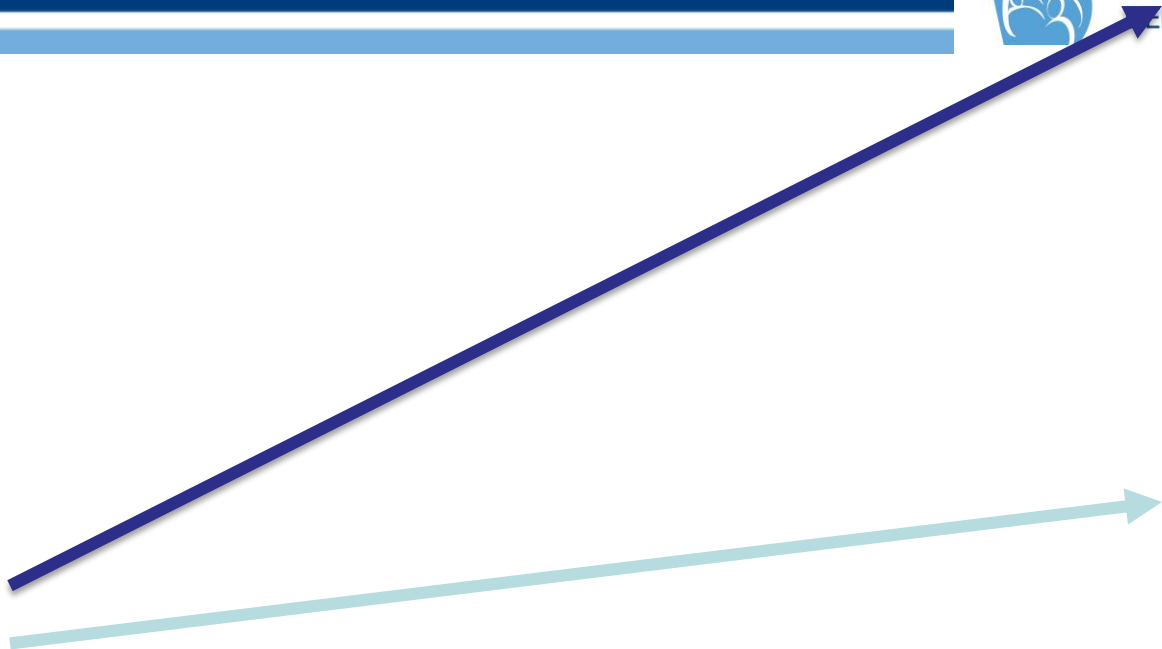


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*Take Away:
Support people to safely and successfully step
out of their box*



Although people with autism have social deficits, individuals often desire to have relationships and to engage with others.





Take Away:

*Expose, explicitly teach, practice and give tools
to be more socially adaptable*



While people with autism may not perceive others' emotions/feelings, they may struggle with the expression of empathy.

COGNITIVE EMPATHY



COGNITIVE EMPATHY



COGNITIVE EMPATHY



COGNITIVE
EMPATHY



COGNITIVE EMPATHY



AFFECTIVE
EMPATHY

WHAT WOULD YOU DO??

You get to your meeting room and one of your colleagues is already there. He says hello, but when you look at him to respond, his eyes are red and he isn't politely smiling like he usually is. What do you do?



*Take Away:
Consider one's struggles as a response to
others' behavior*



People with autism may perseverate and/or have restricted interests, but it doesn't mean they are “non-compliant” or “overly assertive.”



ASSERTIVE



NON-COMPLIANT



PERSEVERATING





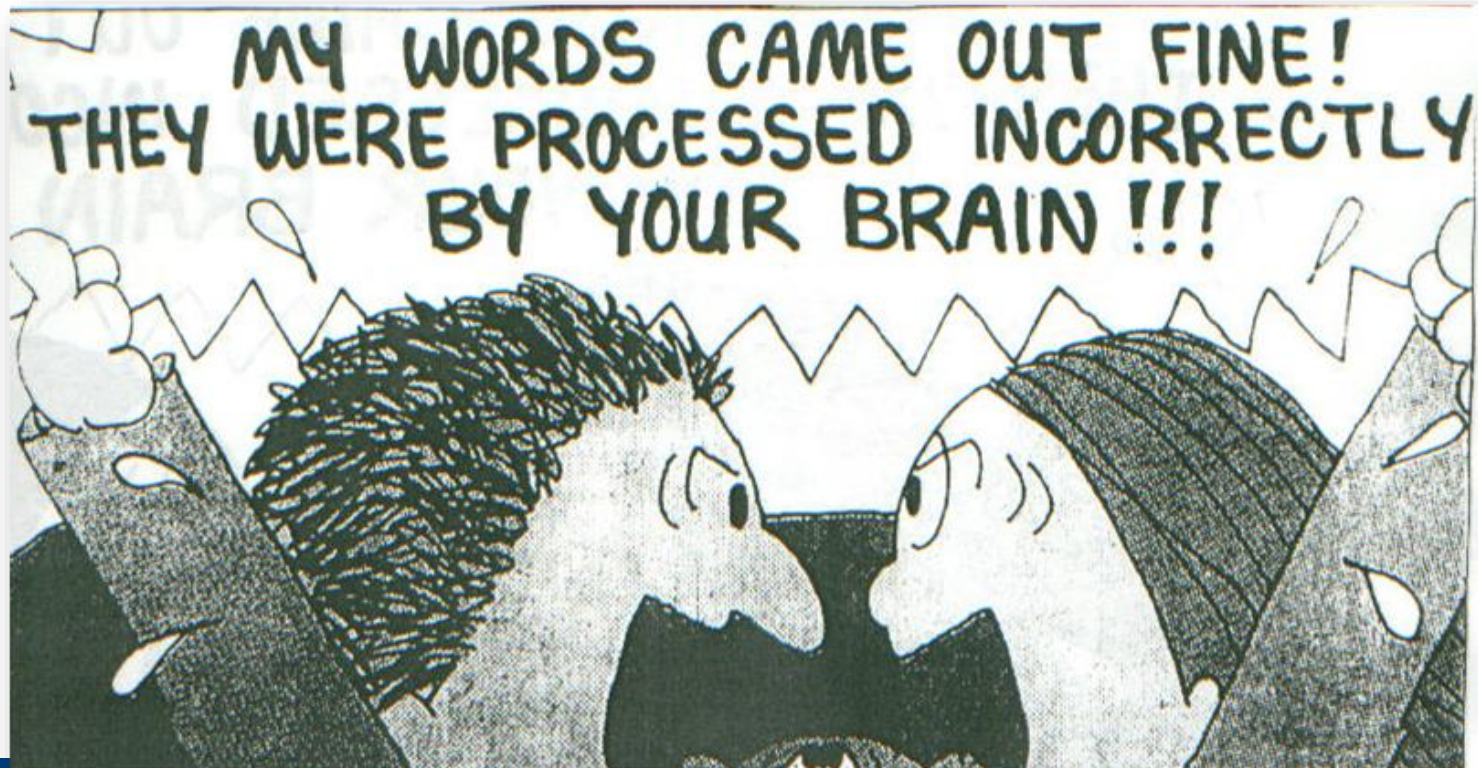
Take Away:
Listen and try to understand what someone is
expressing



People with autism may present with internalizing and/or externalizing behavioral presentations for a reason.



LANGUAGE ≠ COMMUNICATION





Anxiety
Depression
Bipolar
ADHD
ID
Behavioral

**Children and
Adolescents (under 21)**



Stress
Depression
Bipolar
Anxiety
ID
Schizophrenia

Adults (over 21)



Take Away:
Attempt to understand the reason, the cause,
the function of the behavior



Individuals may have sensory issues, but not everyone with autism needs sensory integration therapy.

SENSORY ISSUES

Auditory

Tactile

Vestibular

Visual

Taste

Smell



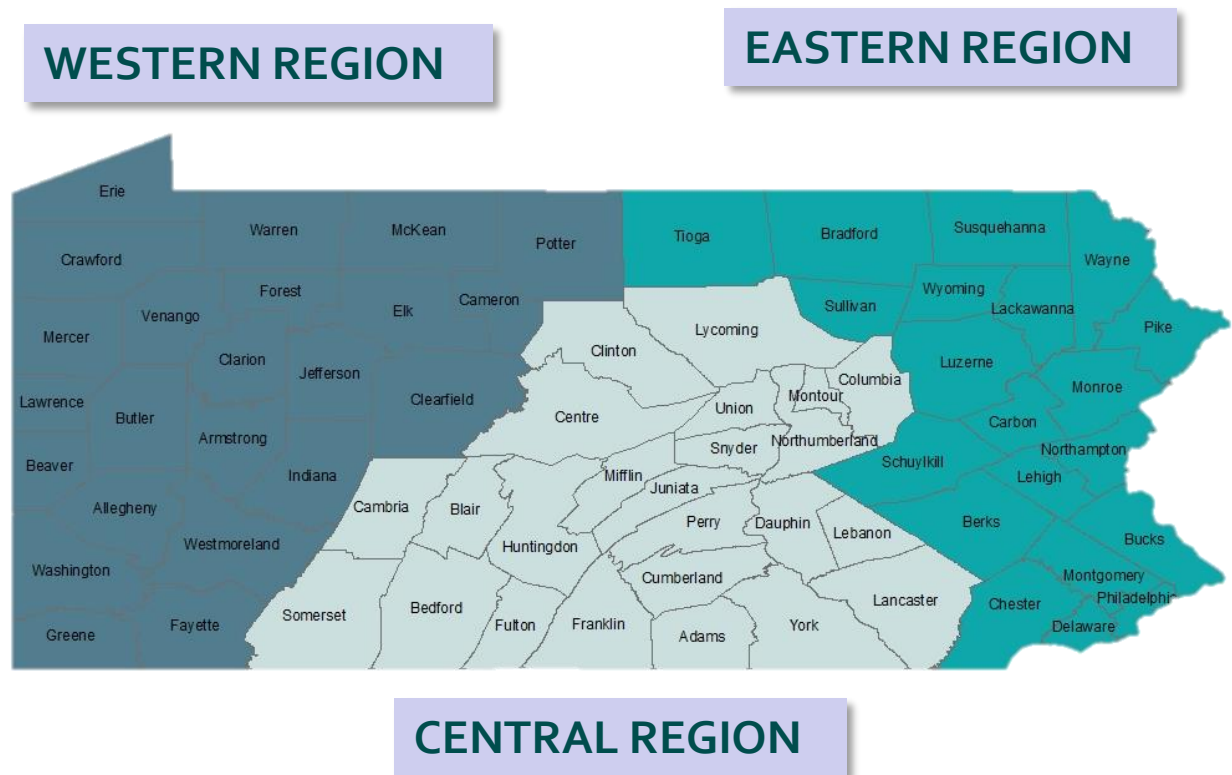
Take Away:
Understand one's sensory issues and identify if
one's self-regulation is effective

The ASERT Collaborative: An Innovative Public-Private Partnership Model

What is ASERT?

Autism Services Education Resources & Training

- Funded by the Bureau of Autism Services, Pennsylvania Department of Human Services.
- A unique partnership of public and private academic centers
- A key component of the BAS strategy for supporting individuals with autism and their families throughout Pennsylvania.



What does ASERT do?



Pennsylvania Autism Census



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Captures number of people with autism receiving services

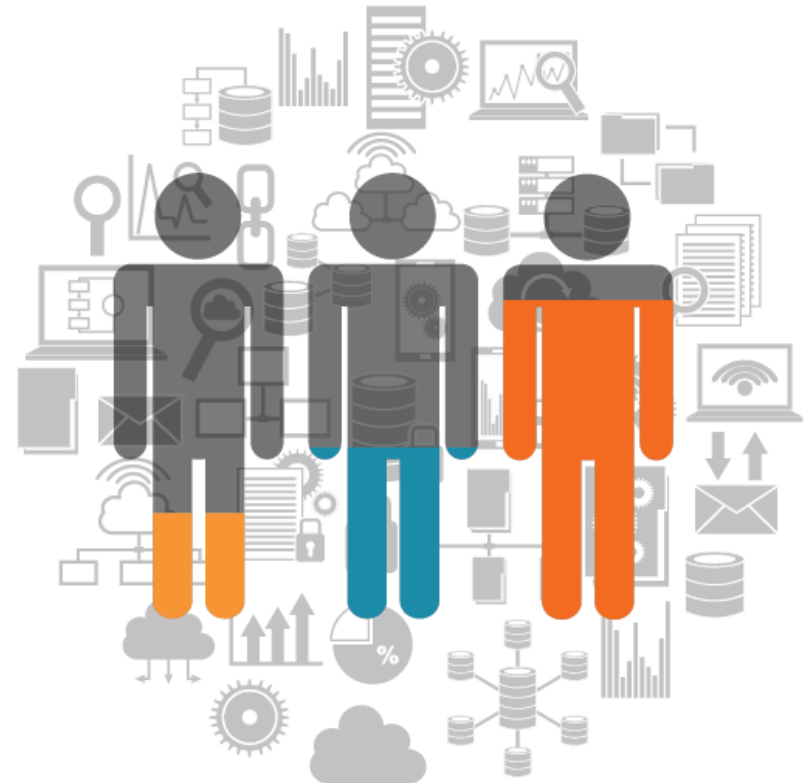


Where are people with autism being served?
Where they are located geographically?





The PA Autism Needs Assessment is the largest and most comprehensive survey of individuals with autism and their caregivers to date in the nation.





ASERT Resource Center Features



Contact a live person

Resources available by region & statewide

Access a broad array of information

Online resource database

Strict vetting criteria

Continually updated with news, events, and trainings

Create a personal account

Are you looking for autism resources and trainings across the lifespan?



paautism.org/LANTERN



Training and Resource Self Assessment



Tier

Tier 1: General Awareness

Tier 2: Infrequent Contact/Situation Specific

Tier 3: Ongoing/Frequent Contact

Tier 4: Specialist Frequent Contact/Shaping Behaviors

Family/Individual



Competency

Autism Overview

Communication

Relationships/Social Skills

PBS/ABA

Emotional/MH

Family/Environment Considerations

Person-Centered Culture

Sensory/Motor

Physical Health

Executive Functioning/Learning



Section 5 - Emotional/Mental Health

Emotional/Mental Health – Tier 1

- **Definition of Emotional Disturbance and Other Health Impairments (standalone)**

<http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/6997/Definition-of-Emotional-Disturbance-and-Other-Health-Impairments>

Information on emotional disturbance and other health impairments.

Keywords: emotional, mental health, health

- **Recognizing and Managing Anxiety (standalone)**

<http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8211/Recognizing-and-Managing-Anxiety>

Information about recognizing signs of anxiety, as well as tips and suggestions for managing anxiety.

Keywords: anxiety, mental health

- **How Anxiety Leads to Disruptive Behavior (standalone)**

<http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/5929/How-Anxiety-Leads-to-Disruptive-Behavior>

Information about symptoms of anxiety and how it can appear as disruptive/oppositional behavior.

Keywords: anxiety, mental health, behavior, opposition, disruptive

- **Managing Depression (standalone)**

<http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/8210/Managing-Depression>

Tips and suggestions to help manage symptoms of depression.

Relationships/Social Skills – Family

- **Sex Education and Puberty (standalone)**

<http://www.autism.org.uk/sexeducation>

Ideas for talking to your child about puberty, sex, sexuality and relationships, as well as links to some useful resources

Keywords: sex, relationships, puberty, sexuality, relationships

- **Autism Speaks: Social Skills & Autism (standalone)**

<http://www.paautism.org/resources/All-Resources/All-Resources-Details/itemid/938/Autism-Speaks-Social-Skills-Autism>

Information about social skills and different tools to enhance the social skills of a person with autism.

Keywords: social skills, social, social story, relationships, technology

- **Advocates for Youth (standalone)**

<http://www.advocatesforyouth.org/topics-and-issues>

Topics and resources applicable to teens and young adults.

Keywords: relationships, sexuality, sexual, LGBTQI, development, STIs, religion, violence, behavior

- **Everyday Lives (standalone)**

<http://www.dhs.pa.gov/publications/EverydayLives/index.htm>

Information on Everyday Living principles.

Keywords: services, values, relationships, communication, employment

Support Professional Resources



Are you a DSP looking for resources about autism?



pautism.org/supportprofessionals

Information about Autism

Mental Health

Social Stories

Relationships

Daily Life

Rapport Building

Goal Setting

Safety/Crisis Management

Professionalism

Service Navigation

CHARACTERISTICS OF AUTISM

COMPETENCIES: OVERVIEW OF AUTISM

PREZI LINK: <https://prezi.com/view/P73V3Jp03tZMX4ux8hRc>

INTRODUCTION

There is a common saying:
"If you've met one person with autism,
you've met one person with autism."



The population of people with autism is diverse, and autism is expressed in a wide variety of unique and individual ways. It helps if you can think of the autism spectrum not as black and white with shades of gray in between, but rather as a spectrum of color, like a rainbow.



Autism is a spectrum of strengths, challenges and individual preferences and characteristics.

Keeping individual differences in mind, all people with autism share certain characteristics. These traits include the following:

SOCIAL-COMMUNICATION DIFFERENCES

Challenges with social interactions
Difficulty "reading"

RESTRICTIVE AND REPETITIVE BEHAVIORS

Extreme interest in a specific topic or activity

SENSORY DIFFERENCES

Over-sensitivity to sensory input ("hyper-sensitivity")

WHAT YOU CAN DO NOW!

1. Can you observe how the sensory and social-communication differences are expressed by the people you work with?
2. Can you identify an individual's restrictive or repetitive behaviors?
3. How can the characteristics of autism translate into strengths and talents? How can you validate someone you support by pointing out her strengths or encouraging her talents?

Characteristics of Autism

ASERT PA autism.org

877-231-4244

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OFFICE OF DEVELOPMENTAL PROGRAMS



Social-Communication Differences



Restrictive and Repetitive Behaviors



Sensory Differences

Be Safe Resources



Are you looking for resources about victimization?



paautism.org/besafe

Prevention
Resources

Intervention
Resources

Support Group Map

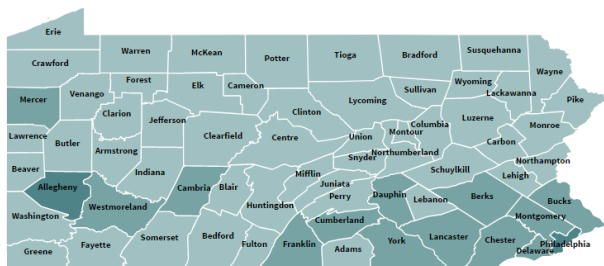
Are you looking for support groups for siblings, participants and families or self-advocacy groups ?

Support Groups

Like 28 Tweet Retweet Email Share 1

Support and self-advocacy groups are one way for individuals and families to stay connected to each other, and ASERT is pleased to provide information to help you locate an active group in your region. There are many different types of groups for individuals, parents, and siblings currently operating in Pennsylvania. Use the map/dropdown below to find the in-person and online groups, organized by county.

Click county below to view the county support groups OR Select county



Legend
0 - 9
10 - 19
20 - 29
30 - 39

Clickable map by county

Online groups

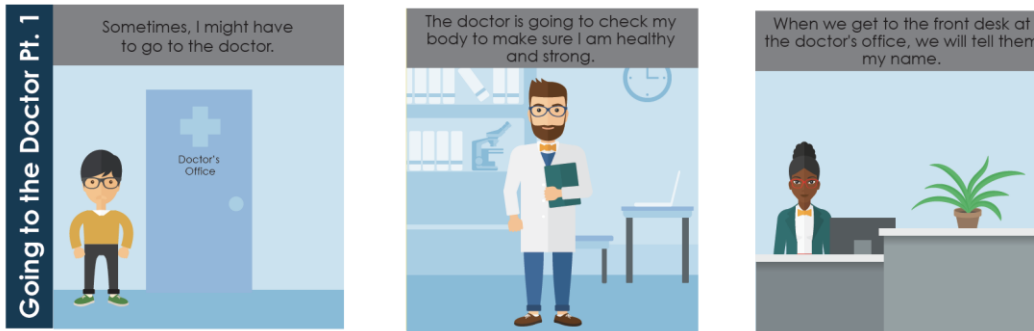
In-person groups

paautism.org/supportgroups

SOCIAL STORY RESOURCE COLLECTION



Are you looking for existing social stories or guidance on how to create social stories?



pautism.org/socialstories

ASERT Developed
Social Stories

Other Resources

VISUAL SCHEDULE RESOURCES

Are you looking for resources about using visual schedules?



paautism.org/visual

How to Create

Visual Schedules

Other Resources

Are you trying to prepare for election day?



paautism.org/vote

ASERT Voting Infographic

Preparing for Voting

Applying, Accommodations,
and Polling Places



*Pennsylvania's leading source of
autism-related resources and information.*

877-231-4244

Website: www.PAautism.org

Email: info@PAautism.org

