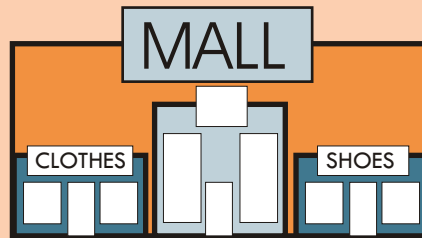


# Shopping Independently at the Mall



## What is my vision for our child?

- My daughter will be able to go shopping on her own, be safe and think independently.

## What gave me the idea to take this step?

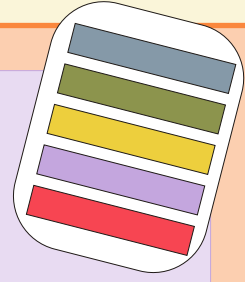
- The idea came from my vision to help my daughter handle things and think independently.
- She is eager to shop in her favorite stores alone.
- Find a good way to use the “life skills” she has learned doing something she is interested in.
- Want her to learn mapping, time and self-management.

## What did I do to prepare?

- She worked on each skill individually doing small activities at home she likes.
- I talked to her about my plan and also asked her opinions and ideas.
- We spent time talking about the mall.
- I started to park in the same place every time we went together.

***"Families know their family members better than anyone."***

## How did I get there?



- My daughter got a map of the mall
- I let her look at the map and pick her favorite store to go by herself.
- I Let her find the store she picked using the map.

### We talked about:

- What entrance we parked near.
- Where I will be (which store).
- Where she will go (which store).
- How long she would be.
- Set a time for her to be back at our meeting place.
- If she returns to on time, she can go back and stay longer

## What will happen, the outcome and next steps?

- My daughter shopped at her favorite store in the mall alone.
- Next time, if her friends invite her to the mall, I will let her go with them.
- Each step she makes helps her get closer to our common vision.
- Now we know she can shop at a store alone in the mall. She is ready for more independent things.

Family Vision

Natural Supports

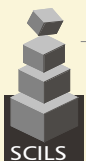
Partnerships

The Future

Person Centered

Detailed Plans

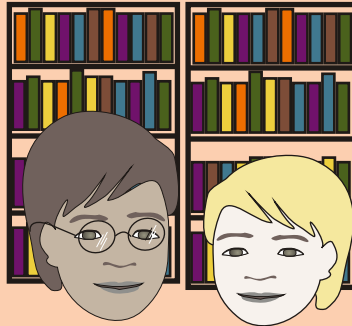
## NEW IDEAS TO TRY



The SCILS Group, Inc.  
 PO Box 60-1477 Sacramento, CA 95860  
 866-75-SCILS www.scilsgroup.org  
 ©2006 All rights reserved

Dedicated to families pursuing community inclusion for their children.

# Communication



## What is my vision for our child?

- We would like our child to have the ability to communicate his needs and interests. (Verbal, sign language, physical or picture exchange).
- We want to try Facilitated Communication.

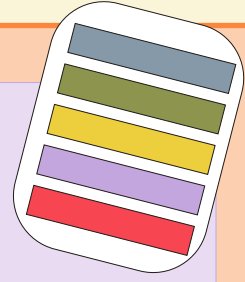
## What gave me the idea to take this step?

- Looking into different ways people use to communicate with each other.
- We want to know and understand his needs.
- Having improved communication will allow him to interact socially and be independent with us.

## What did I do to prepare?

- We used picture exchange and gave rewards with fruit or stickers.
- Praised him for his efforts.
- Watch appropriate TV programs that modeled good communication.
- I attended workshops to learn about Facilitated Communication.

***"Families know their family members better than anyone."***



### How did I get there?

- Asked my son questions I knew he already knew the answers.
- Read stories to him and asked questions about the stories.
- Introduced new words and ideas, one at a time.

### What will happen, the outcome and next steps?

- I learned our son is smarter than I thought and has great learning potential.
- My son uses Facilitative Communication to have conversations.

### NEW IDEAS TO TRY

---

---

---

---

---

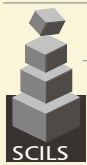
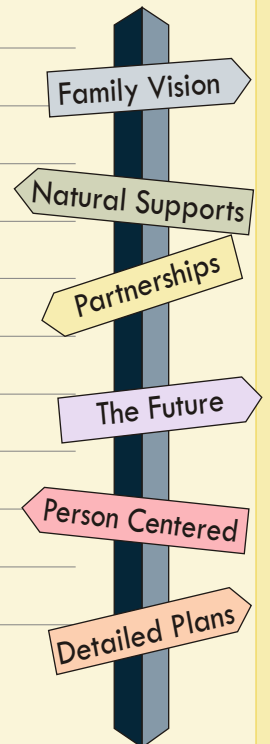
---

---

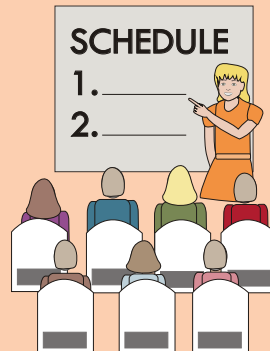
---

---

---



# Enrolling in a Community Class



## What is my vision for our child?

- I would like my child to develop friendships, build her confidence and increase community activities while having fun the same time.

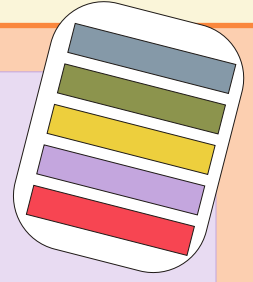
## What gave me the idea to take this step?

- I thought taking a class with other children doing what she likes would be a good way for her to make new friends and learn something the same time.
- I asked her what kind of a class she would like to try.

## What did I do to prepare?

- I found out about many different types of classes and reviewed them with my daughter.
- I did not choose a class for her.
- She chose a music class that met on Saturdays.

***"Families know their family members better than anyone."***



### How did I get there?

- I got information about different classes in the community.
- My daughter and I visited different classes together.
- I spoke to my daughter about the class and the requirements.
- I created a relationship with the teacher.
- I talked to the teacher about my daughter.
- I regularly kept in touch with the teacher to ensure things went OK.

### What will happen, the outcome and next steps?

- My daughter joined the music class and choir too.
- The teacher gave her great encouragement.
- I shared the experience with others and encouraged them to try new classes for their children.
- I drive my daughter and her new friend to class.

### NEW IDEAS TO TRY

---

---

---

---

---

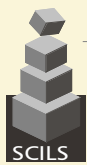
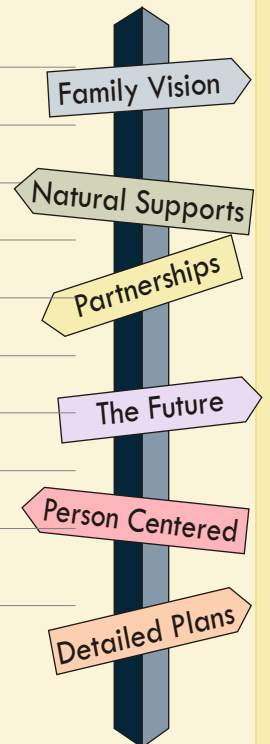
---

---

---

---

---



# Creating New Routines



## What is my vision for our child?

- I would like my child to learn how to make compromises to have successful peer relationships, learn to try experiences that are different, and feel comfortable making changes.

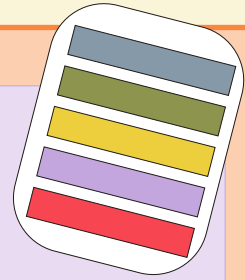
## What gave me the idea to take this step?

- My son likes to go to restaurants, but the same one all the time.
- I thought if he goes out with a friend they would choose a place to eat together.
- We worked with my son about making compromises in

## What did I do to prepare?

- I found a restaurant in our community that my son knows about and has been there before.
- The restaurant is familiar with my son.
- I spoke to the restaurant manager about my son having lunch there with a friend without me.
- I told the manager about my son's disability.
- I talked to my son about going to the restaurant with his friend and that he already had been there.

***"Families know their family members better than anyone."***



### How did I get there?

- My son invited his friend for lunch.
- I dropped my son and his friend off at the restaurant and shopped in a nearby store.
- They completed their lunch successfully without me being there.

### What will happen, the outcome and next steps?

- He accomplished the goal.
- He broke out of a routine of having to go to the same place all the time.
- We learned that he can be successful compromising his needs.
- We learned that he can make changes in his routine more often.
- We now look for new opportunities to learn about friendships and places to go.

### NEW IDEAS TO TRY

---



---



---



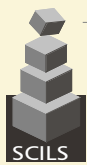
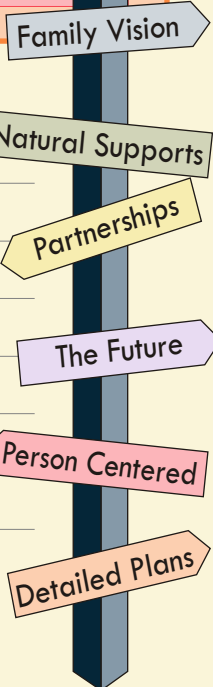
---



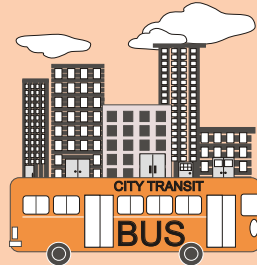
---



---



# Learning to Take the Bus



## What is my vision for our child?

- We want our son to be comfortable getting around the community taking public transportation.

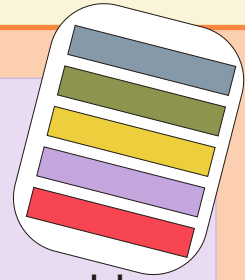
## What gave me the idea to take this step?

- My son needed transportation from his high school to his volunteer work after school.
- He had a flexible school schedule and there were days that school had short or half days.
- He had tried the bus without telling us when he went to his grandmother's house without notice.

## What did I do to prepare?

- We talked about being safe, talking with people, and money.
- We got a bus schedule and discussed time schedules.
- We reviewed the city map, the location of the school, volunteer work, and Grandmother's house.
- We discussed the cost of the bus and how much he had to have each day for a ride.
- We made sure he will carry a cell phone with speed dial for emergencies.

***"Families know their family members better than anyone."***



### How did I get there?

- I took him by car to show the routes that he would go on for each destination.
- I pointed out landmarks he was familiar with so he could get his own bearings.
- We took the bus together and timed how long it took to get to the destination.
- We found a peer who would meet him after school and join him on the bus the first few times.
- We asked his friend if she would show him where to take the bus to his volunteer work.

### What will happen, the outcome and next steps?

- Our son has confidence in taking the bus to many places in our city.
- He is learning more about the city transportation system.
- He now takes the bus without me having to pick him up when school or work is out early.
- He checks in with me by cell phone when he is delayed or coming back early.
- He is exploring more of the immediate area where he volunteers, being cautious and safe.

Family Vision

Natural Supports

Partnerships

The Future

Person Centered

Detailed Plans

### NEW IDEAS TO TRY

---



---



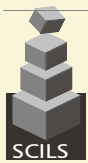
---



---



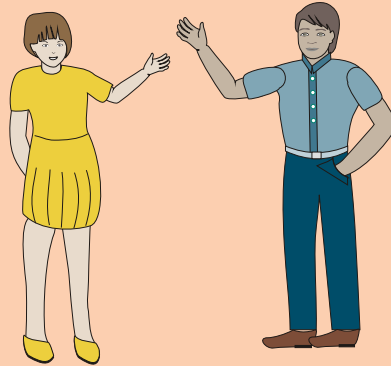
---



**The SCILS Group, Inc.**  
 PO Box 60-1477 Sacramento, CA 95860  
 866-75-SCILS www.scilsgroup.org  
 ©2006 All rights reserved

Dedicated to families pursuing community inclusion for their children.

# Making Friends with Neighbors



## What is my vision for our child?

- We want our child to interact in an appropriate way using voice tones appropriate to the situation.
- Be polite and courteous, and learn to respect others.
- Experience friendships that are mutually respectfully, considerate, and caring.

## What gave me the idea to take this step?

- We became close with our new neighbors after we moved into the neighborhood.
- It is important for us to know and be friendly with our neighbors.

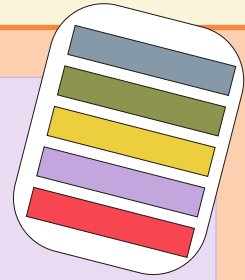
## What did I do to prepare?

- We helped both our son and neighbor learn how to interact successfully with each other.

***"Families know their family members better than anyone."***

## How did I get there?

- We started to do things together as a family, like go out to eat and have barbeques together.
- She plays games with my son and they go on walks together.
- We help each other with household repairs.
- The friendship has progressed.
- My son likes to visit our neighbors on his own.



## What will happen, the outcome and next steps?

- He calls our neighbors to see if they are available to get together.
- We enjoy a respectful relationship that is supportive for both families.
- He has learned to help other people and receive natural support from them.
- We taught him about respect and limits.
- He volunteers to help out if there are things that need to be done.

Family Vision

Natural Supports

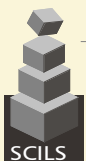
Partnerships

The Future

Person Centered

Detailed Plans

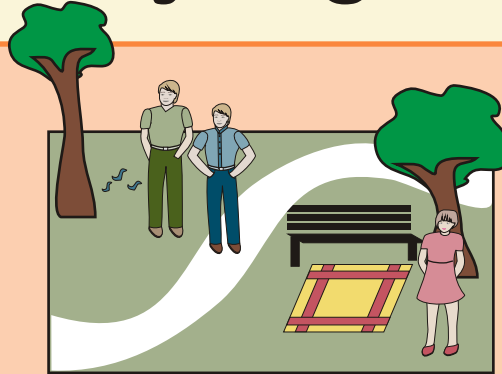
## NEW IDEAS TO TRY



**The SCILS Group, Inc.**  
 PO Box 60-1477 Sacramento, CA 95860  
 866-75-SCILS www.scilsgroup.org  
 ©2006 All rights reserved

Dedicated to families pursuing community inclusion for their children.

# Learning a Fun Activity Together



## What is my vision for our child?

- We want our son to have activities that he could do on his own, just for fun.
- It is important to us for our son to have activities and hobbies he enjoys.

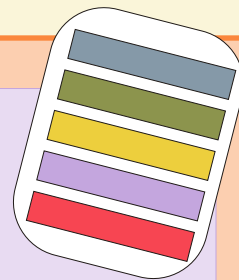
## What gave me the idea to take this step?

- I learned he enjoys water balloons and throwing them outside to hear the noise and experience the splash of the water.

## What did I do to prepare?

- I broke down the steps to fill a water balloon and showed him, step by step.
- I wrote down the steps and skills that were needed.
- I tried it myself and practiced each step separately.
- I was careful to keep in mind his fine motor skills abilities and made adaptations.
- I combined many steps and helped so he could experience the fun at the end.

***"Families know their family members better than anyone."***



### How did I get there?

- I showed him (very slowly) all the steps to fill the balloon with water.
- He watched me wrap the top of the balloon around the faucet.
- We turned on the water faucet to fill the balloon to a marked point.
- I showed him how to gently stretch the top of the balloon to tie a knot.
- We took it outside and he had fun throwing it in a safe area.

### What will happen, the outcome and next steps?

- My son had a play date with a neighbor friend and they played with balloons.
- Making neighborhood friends gets easier when your child has things they can show others.
- Friendships take time, he now has occasional play dates.

### NEW IDEAS TO TRY

---



---



---



---



---



---



---



---

Family Vision

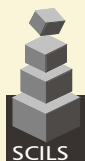
Natural Supports

Partnerships

The Future

Person Centered

Detailed Plans



**The SCILS Group, Inc.**  
 PO Box 60-1477 Sacramento, CA 95860  
 866-75-SCILS www.scilsgroup.org  
 ©2006 All rights reserved

Dedicated to families pursuing community inclusion for their children.

# Making Contacts in the Community



## What is my vision for our child?

- To make contact with other families in our community and school to see what opportunities can be located for our son.

## What gave me the idea to take this step?

- We wanted to increase our family's circle of support and get to know community members.
- Learning more about the community will help us learn about opportunities our son and our family can become involved with and introduce us to new resources.

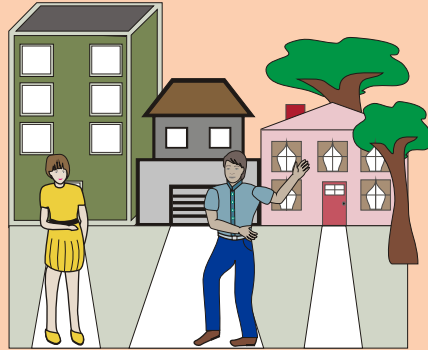
## What did I do to prepare?

- Find out what people do for recreation, their hobbies, interests and for a living.
- Locate opportunities to volunteer (City Hall, the local library, neighbor groups, and church).
- Attend school, neighborhood and local community events and activities.

***"Families know their family members better than anyone."***



# Making Neighborhood Friends



## What is my vision for our child?

- We want our son to be part of our community and have friends in our neighborhood.

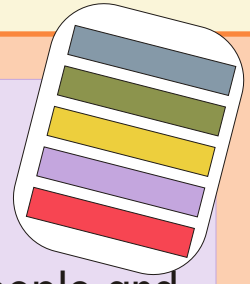
## What gave me the idea to take this step?

- We saw a young boy riding a tricycle in the neighborhood and realized there were young children living nearby.

## What did I do to prepare?

- We spent time in our neighborhood doing things as a family (taking walks, going to the local park, going to local stores).
- We made efforts to get to know families that live near us.
- We thought of an activity that can help promote meeting other children and tried it.

***"Families know their family members better than anyone."***



### How did I get there?

- We took walk's around the neighborhood *often* with our son.
- We were friendly to other families and greeted people and their children.
- We asked our son to ride his bike around the neighborhood with us.
- We showed him how to greet people.
- We met a nice family and invited them over with their child to visit.

### What will happen, the outcome and next steps?

- We met a new child in the neighborhood and his parents.
- We have occasional play dates.
- We are now more a part of the neighborhood.
- We will continue to meet families in our community

### NEW IDEAS TO TRY

---



---



---



---



---



---



---



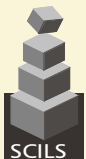
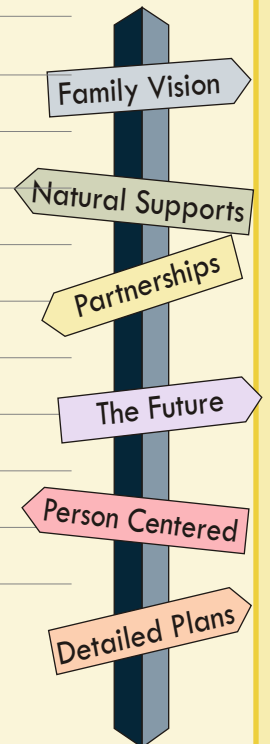
---



---



---



# Neighborhood Inclusion



## What is my vision for our child?

- I want our child to develop friendships with neighborhood children and their families.
- I want our child to be seamlessly included in the community being an individual who is independent, able to express himself freely and enjoy lasting friendships.

## What gave me the idea to take this step?

- I realized that placing our child in a program is not the same experience as having close friendships in the neighborhood.
- I learned the importance of living in the community and our child having opportunities to socialize at home.

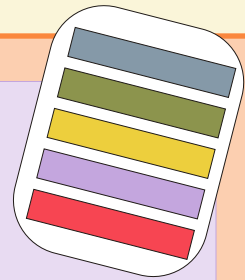
## What did I do to prepare?

- Our first attempt was to help find a way to begin a friendship with the child next door.
- We created opportunities for them to play. We provided toys and activities of interest for both boys.
- We had a birthday party and invited neighborhood children.

***"Families know their family members better than anyone."***

### How did I get there?

- I went around the neighborhood and gave out invitations to my son's birthday party.
- I invited the neighbor child over to play.



### What will happen, the outcome and next steps?

- Most of the children attended the party; the potential for continuing has been developed.
- I chatted with the parents during the party, and learned about them and our community.
- We shared interests and talked about future engagements.
- Continue building the bridge by thinking about how to include other families together.
- Continue to include more families with children in our lives.
- My child has a lot to offer others and we now want to move forward and do more parties.

### NEW IDEAS TO TRY

---



---



---



---



---



---



---



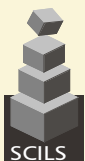
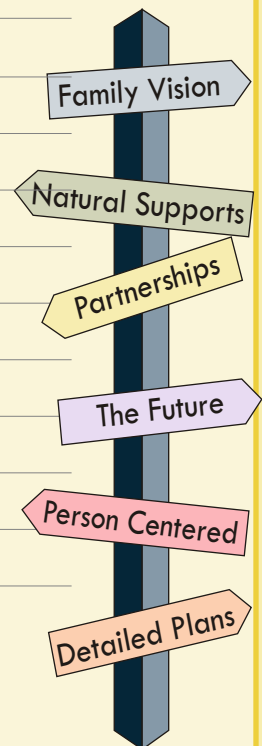
---



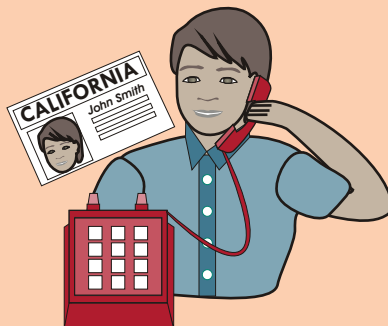
---



---



# Communication and Safety



## What is my vision for our child?

- I want my daughter to have a life where she is independent from her siblings and parents.
- She is friendly, outgoing and talkative and enjoys going out with people.
- I want her to learn how to protect herself and use 911 in an emergency.

## What gave me the idea to take this step?

- My daughters often go to the movies together and spend time in the community shopping and going places.
- It is often difficult for others to understand her language and I want her to feel free to experience the community, meet typical teenagers and be safe.

## What did I do to prepare?

- I am enrolling my daughter in community classes that promote communication and socialization.
- She is interested in dance and physical fitness.

***"Families know their family members better than anyone."***



# Having Good Friends



## What is my vision for our child?

- To initiate and maintain friendships with his peers and interact well with others.
- It is important to our family that he is courteous and feels good about himself.

## What gave me the idea to take this step?

- The benefits of having good friends will be important to him as he becomes an adult.
- Increase social skills, listening, taking turns and making choices

## What did I do to prepare?

- Our family modeled appropriate behavior and communication.
- Take him places and provide opportunities to be around children.
- Do active listening and repeat back what we heard.
- Allow him to make choices. Praise and encourage him to continue to be courteous and polite.

***"Families know their family members better than anyone."***



# Joining a Team



## What is my vision for our child?

- To be part of community activities for children her age and benefit from extracurricular activities in our community.

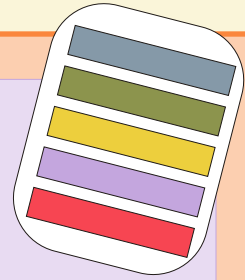
## What gave me the idea to take this step?

- I was inspired by my daughter's interest and request last year to join an activity program after school.

## What did I do to prepare?

- We signed her up for a softball league in our neighborhood.
- I was nervous and had a hard time letting go.
- We talked about what it means to be team member (listening to a coach, practice with others and having fun).
- I discussed my fears with the league and they reassured me that everything was going to be ok.

***"Families know their family members better than anyone."***



### How did I get there?

- I spoke to the coach and gave him pointers about our daughter.
- I was present at games if they needed me.
- I rearranged our schedule to accommodate the new commitment.
- We made a social story to explain what was going to happen.
- I attended parent meetings and helped out as a Team Mom.
- We practiced the game at home.

### What will happen, the outcome and next steps?

- What we learned: Emphasize the rules of the game and what is expected of each player.
- Listen to my daughter about what she likes and try to find a way to make it happen.
- Become more involved in community activities for children in the community.
- I am committed to a new way of thinking and trust a new activity will be positive.
- Become part of the community as a family.
- Get information about programs and try those first before depending on the Regional Center.
- We are bringing Autism awareness and acceptance to our community.

ision  
pports

Partnerships

The Future

Person Centered

Detailed Plans

### NEW IDEAS TO TRY

---



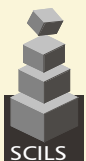
---



---



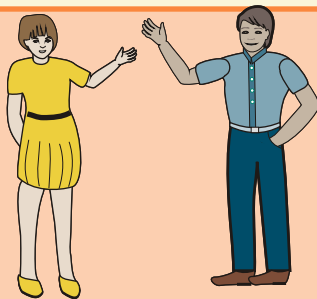
---



**The SCILS Group, Inc.**  
 PO Box 60-1477 Sacramento, CA 95860  
 866-75-SCILS www.scilsgroup.org  
 ©2006 All rights reserved

Dedicated to families pursuing community inclusion for their children.

# Making Friends



## What is my vision for our child?

- To make, have and maintain friendships.
- To interact appropriately with peers and community members.
- Work well with others and be courteous.
- Develop more verbal skills.

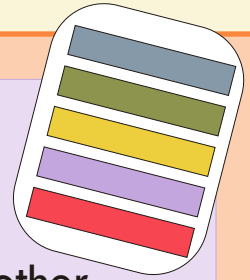
## What gave me the idea to take this step?

- The importance of having good social skills (give and take) listening skills; taking turns.
- Observing other children and seeing what skills my child needs to develop.

## What did I do to prepare?

- Modeled appropriate behavior and tone (it starts in the home).
- Take him places in our community and provide opportunities to be around children.
- Do active listening and repeat back what I heard him say.
- Allow him to make choices (even if I have to step out of my comfort zone).
- Praise and encourage him to continue being courteous and polite

***"Families know their family members better than anyone."***



### How did I get there?

- Learn appropriate interaction skills to help my child.
- Provide repeated opportunities for him to be with other children.
- Demonstrate how to share with others and be respectful of people's ideas.
- Give him choices.
- Set up situation where he can observe others and then practice being courteous & polite.

### What will happen, the outcome and next steps?

- We are continuing to practice and he is now showing a real desire to make and have friends.
- Words of encouragement are working well.
- He is improving his communication and behavior and seeing he can have friends and people respond in a kinder way.

### NEW IDEAS TO TRY

---



---



---



---



---



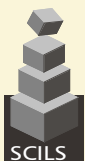
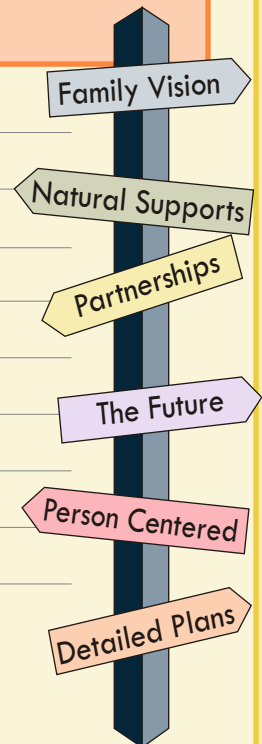
---



---



---



# Learning to Dance



## What is my vision for our child?

- We want our daughter to have an activity she enjoys being active, healthy and use communication skills.
- Develop self esteem and be able to join her peers in social settings.

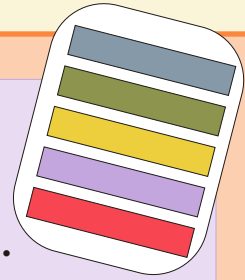
## What gave me the idea to take this step?

- Our daughter listens to music at home and in the car.
- She tries to make dance moves when she hears music.
- She is interested in music and dance.

## What did I do to prepare?

- We watched VH1 and other TV shows together to learn modern music and dance moves.
- We practiced dancing together to the music.
- I broke down the dance steps one at a time and we practiced them to music and without music.
- We combined steps and then asked her sisters to join the fun.
- We practiced in front of family.

***"Families know their family members better than anyone."***



### How did I get there?

- We danced together one step at a time.
- We practiced dance moves when we were walking.
- We listened to music in the car and talked about dancing to the music.
- We created special times to dance together and have time for just us.

### What will happen, the outcome and next steps?

- Dancing has become a special time together and we have fun, do exercise and laugh.
- She is learning dances she can do and then participate at parties with her friends.
- We are advancing and putting new dance moves with the ones she has already learned.

### NEW IDEAS TO TRY

---



---



---



---



---



---



---



---



---



---

