Autism: 1 in 68
Resources for 4-H Success

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WORKSHOP OBJECTIVES

- Identify common characteristics of individuals with Autism Spectrum Disorder
- Experience through simulation what it might be like to have autism
- Examine best practices for inclusion
- Explore useful tips and resources for working with Autism Spectrum Disorder
DID YOU KNOW...

- Autism now affects 1 in 68 children
- > Children diagnosed with autism this year than AIDS, diabetes, & cancer combined
- Fastest growing serious developmental disability in the U.S.
- Boys are 4 times more likely than girls to have autism
- National 4-H has been named an autism friendly youth organization
FAMOUS INDIVIDUALS WITH AUTISM

- Michelangelo
- Albert Einstein
- Wolfgang Amadeus Mozart
- Temple Grandin
- Vincent Van Gogh
- Thomas Jefferson
- Benjamin Franklin
- Andy Warhol
- Charles Darwin
- Isaac Newton
- Sheldon from “Big Bang Theory”
2012 AUTISM SPEAKS YOUTH ORGANIZATION SURVEY RESULTS

- Most Commonly Identified Unmet Needs:
  - Staff education on autism and training on effective interventions
  - Programs offering adaptive services for people with autism
  - Affordable programs
  - Opportunities for socialization with neurotypical youth
WHAT IS AUTISM?

- Delayed or absence of speech
- Difficulty making eye contact or holding a conversation
- Difficulty with executive functioning
- Narrow, intense interests
- Poor motor skills
- Sensory sensitivities
- Repetitive behaviors
WHAT IS IT LIKE TO HAVE AUTISM?

- Sensory Overload Simulation Video: https://www.youtube.com/watch?v=KurXpARairU
EXPERIENCE AUTISM

– 3 Simulation Stations (3 Minutes Each):
  ▪ Fine Motor Impairments
  ▪ Perceptual Impairments
  ▪ Visual Impairments

– At each station:
  ▪ Have each person complete the activity
  ▪ Discuss what the experience was like
    – What was it like to complete the activity?
    – What challenges did you experience and how did it feel?
    – How is this different than what you normally experience?
“If every child matters, every child has the right to a good start in life. If every child matters, every child has the right to be included. And that is so important for children with special needs.”

- Cherie Blair
WHAT IS INCLUSION?

- Offering the same activities to everyone, while providing support and services to accommodate peoples’ differences
- A right and a responsibility
- Benefits to youth with autism:
  - Get to participate with friends, family, neighbors
  - Learn from typical peers
  - Receive preparation for adult life
- Benefits to Peers:
  - Develop empathy and exposure to diversity
  - Develop comfort interacting with others
  - Relate to people with disabilities
TIPS FOR WORKING WITH 4-H’ERS WITH AUTISM SPECTRUM DISORDER

- Discuss the Youth’s Needs with Their Family
- Use Visual Supports
- Follow a Routine
- Use Social Stories
- Go Step By Step
TIPS FOR WORKING WITH 4-H’ERS WITH AUTISM SPECTRUM DISORDER

- Try to Understand, Be Patient, & Be Flexible
- Integrate Sensory Integration
- Make Room for Space
- Create Understanding
- See the Child, Not the Disability
RESOURCE SHARING

- 4-H Accommodations Request Form
- 4-H Club Meeting Visual Schedule
- First-Then Board
- 4-H Club Meeting Social Story
- 4-H County Fair Entry Day Social Story
- 4-H Facility Accessibility Assessment
ADDITIONAL RESOURCES

- Minnesota 4-H Diversity and Inclusion Resources: [http://www.extension.umn.edu/youth/mn4-H/volunteer/diversity/4-h-resources/index.html](http://www.extension.umn.edu/youth/mn4-H/volunteer/diversity/4-h-resources/index.html)
WORKSHOP OUTCOMES

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