

Autistry Studios

Create Connect Achieve



We help teens and young adults with High Functioning Autism, Asperger's Syndrome and other social/communication/learning differences become successfully independent by leveraging their interests and talents.

www.AutistryStudios.com

Janet Lawson, MFT & Dan Swearingen

Why are we doing this?

Autistry Studios is growing out of our need to provide services that our son and other children on the Autistic Spectrum will need to transition into independent living.



Preparing our Teens for Work



Presented by

Janet Lawson, MFT & Dan Swearingen

Co-Founders of Autistry Studios

Topics

- Ideally, Start Early
- Explore Your Strengths
- Practice Perspective Taking
- Seek Out Mentors
- Ease Into the Workplace
- Is the Job Ready for You?
- Managing Money
- Follow Your Heart

Ideally, Start Early

- **Develop Workplace Habits**
 - Being on Time
 - Completing Tasks
 - Negotiating
 - Consistency and Accountability
- **Build a Portfolio**
 - Document achievements (photos, videos)
- **List Dream Jobs**
 - Make a list and do research
 - If possible interview someone with that job
 - How did they get it? How did they prepare?

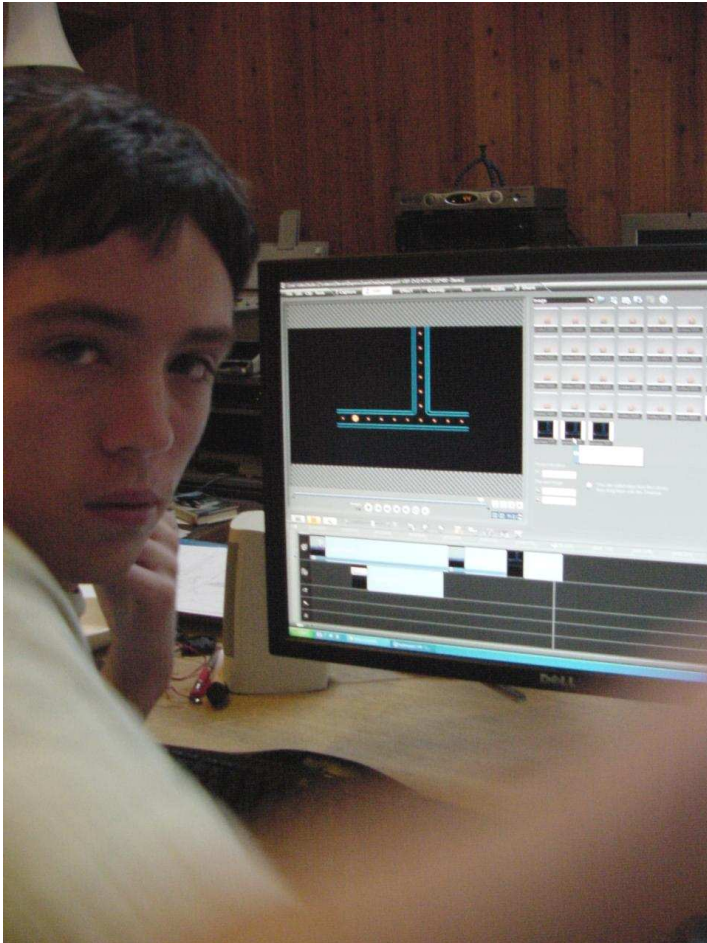


Society loses out if individuals with autism spectrum disorders are not involved in the world of work. -Temple Grandin

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Explore Your Strengths



- Make a list of interests, skills and talents in order of strength
- Have ongoing discussions with others about interests and possibilities
- Remember enjoyable past activities
- Look through picture books and flag images of interest

There is no one harder to get to know than yourself. - Mel Levine

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Practice Perspective Taking

- The work task is not the only job – making the boss happy is the real job
- Who is the client?
- What does the boss/client expect?
- What do they assume?
- How can assumptions be checked out?



To hold a job, most of us have to adapt our own social behavior based on the perceived thoughts of the people we work and live with. - Michelle Garcia Winner

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Seek Out Mentors



- Teens are more likely to listen to other adults than to their parents
- Mentors provide support and also respite for the parents
- The mentor/teen relationship can be a model for future adult relationships

Mentors listen and listen and listen. -Teresa Bolick

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Ease into the Workplace

- Volunteer after school or summers
- Small first jobs with family members
- Graduate to public agencies (libraries, Humane Society, etc)
- Then on to more formal businesses – family friends can help here



Be prepared to enter the job market through the back door, side door, any door but the front door! --Temple Grandin

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Is the Job Ready for You?

- Develop an elevator speech that describes abilities and challenges
- Make a checklist of sensory issues that could impede workplace success
- Check out the workplace environment – take a tour
- Let coworkers know that there may be difficulties in some areas



We need to work where our talents are respected and our colleagues are tolerant of our social eccentricities. Temple Grandin

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Managing Money

- Make a budget
- Set up a bank account
- Money is a rather abstract concept – make it concrete by setting up systems that work for you
- Identify financial goals



Although there is more to life than money, having a comfortable amount of money can improve the quality of your life... – Jed Baker

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Follow Your Heart



Every teenager must find what she's good at and do it well, enjoying the satisfaction and recognition it brings. - Mel Levine

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