

Autistry Comprehensive Adult Program: A Community-Based Day Program

We Build Independent Adults

Autistry Studios is a therapeutic/educational Maker Space. The Autistry Comprehensive Adult Program (ACAP) is a 5-day program that addresses the specific and individual needs of our adult participants in the areas of Education, Vocation, Life Skills, and Physical Fitness.



Independence is the ability to plan and make progress towards desired long-term goals while adequately handling immediate needs as they arise.

We build on the following assumptions:

- ❖ The individuals we work with grow and develop when challenged. When left unchallenged they regress. **Independence requires the ability to challenge oneself.**
- ❖ Our participants need to be able to care for themselves. Housekeeping, cooking, shopping, first-aid, personal hygiene, navigation, and transportation need to be taught and practiced. **Independence requires the ability to take care of oneself.**
- ❖ As adults, we must choose a career and pursue gainful employment. Becoming employable is more than just learning skills; it is learning how to work with others, work for others, and work in spite of others. Jobs also become a strategy building towards a career. **Independence requires the ability to choose a career and seek and sustain employment.**
- ❖ Becoming educated is required to become a full citizen of the community. Until they have achieved independence, all of our participants will require an education process that extends for many years beyond high school. **Independence requires the ability to educate oneself.**
- ❖ Behaviors that are destructive to the individual's ability to participate in the community need to be identified and managed. **Independence requires the ability to control oneself.**

Admission Process

We will conduct an initial 1 hour intake interview to assess whether the participant is an appropriate fit for the program and whether the program meets the participant's needs and personal goals. Acceptance into the Autistry Comprehensive Adult Program is based on the following criteria:

- ❖ Must be over 18 years old
- ❖ Have no current dangerous or self-harming behaviors
- ❖ Must have a desire to move toward greater personal independence
- ❖ Must be able to follow directions and respond (either verbally or nonverbally) to spoken directions
- ❖ Must be independent with self-care and hygiene skills
- ❖ Be capable of administering medications to self as determined by physician (LIC 602)

Program Curriculum

The ACAP curriculum is comprised of four interwoven programs: Education, Vocation, Life Skills, and Physical Fitness. Together these programs provide a 5-day comprehensive learning experience that supports growth, maturation, and individuation.

Education Program

At Autistry we believe in lifelong learning. We have found that our older students learn as well and as quickly as our younger students and have the same intellectual curiosity and innate desire for knowledge. We encourage clients to take at least one academic course each semester. We support continued education in several ways:

- ❖ On campus courses taken at a local community college (College of Marin). Autistry will provide in-class mentors, homework assistance, registration help, and coursework organization.
- ❖ Simulcast courses through College of Marin (this is currently in development and Autistry will participate in a pilot program)
- ❖ Self-paced Math and English courses preparatory to college level class work for those who need to review their Math and English Skills. Autistry mentors will identify materials and create individualized curriculum for remedial self-paced coursework.
- ❖ Reading/writing groups at Autistry Studios for students who are not ready to take college courses but want to continue to expand their knowledge. Students will choose reading material of interest and discuss the material with peers and mentors.



Vocational Skills Program

A productive job is an essential component of adult life. Employment is not only how we earn a living it is how we participate in our community and, in large measure, how we define ourselves. Many of our participants are not yet ready for competitive employment. Our Vocational Program includes a range of opportunities and supports:



- ❖ Vocational skill building through woodworking, computer graphics, sewing, 3D printing, laser cutting, stop-motion animation filmmaking, janitorial services. Clients will work on assigned projects learning how to successfully perform tasks for an employer.
- ❖ As student's progress, volunteer positions at local businesses are available on a limited basis (Renew Computer, Buck Institute, PlayWell Technologies, other local businesses). Several of our past interns have become employees at the location of their internship. We are expanding our base of current business contacts and we also coordinate with local agencies who specialize in employment support.
- ❖ Paid jobs at local businesses (past placements have included Buck Institute, Copperfield's Books, Renew Computers).
- ❖ Career planning and long term goal assessment

Life Skills Program

Our Life Skills Program teaches everyday domestic skills as well as communication and comportsment skills necessary to enjoy our community. Activities range from doing the laundry to appreciating the de Young Museum and may include:

- ❖ Shopping, cooking, laundry, and other domestic chores
- ❖ Transportation, navigation, and driving where appropriate
- ❖ Community exploration
- ❖ Visit local museums and attend cultural events
- ❖ Explore local historical sites
- ❖ Music concerts and cos-play conventions



Physical Fitness/Healthy Living

At Autistry we encourage healthy eating and healthy activities. In collaboration with fitness professionals, Autistry case managers will design a daily exercise schedule. This schedule will take into consideration the needs and abilities of each individual. Activities may include:

- ❖ Gym circuit training (5 Points Fitness, Dominican University or other local gyms)
- ❖ Yoga / Pilates
- ❖ Bicycling / Hiking
- ❖ Basketball / Baseball
- ❖ Weight training
- ❖ Nutrition workshops



OPTIONAL SERVICES: In addition to the above services, Autistry also offers 1:1 counseling, tutoring, and individual job search assistance. Clients will be informed as to which additional services are vendorized by Regional Center and which are billed privately.

ACAP is designed as a 5-day program but clients may attend fewer days as fits their schedules. It may be that a client has an internship or employment 2-3 days a week and wants to supplement with 2 or 3 days at Autistry. The program is flexible to support the needs of the individual.

For more information contact:

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Autistry Studios
Create ★ Connect ★ Achieve