

We Build Independent Adults



Autistry Studios is a Therapeutic Maker Space
in San Rafael where ASD young adults
become more effective and productive.

Autistry Studios
Create ★ Connect ★ Achieve

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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/week program that addresses the specific and individual needs of our transition age youth and adult participants in the areas of Education, Vocation, Life Skills, and Physical Fitness/Healthy Living.



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.**

Program Curriculum

The ACAP curriculum is comprised of four interwoven programs: Education, Vocation, Life Skills, and Physical Fitness/Healthy Living. 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 encourage clients to take at least one academic course each semester. We support continued education in several ways:

- ❖ On campus courses at a local community college (College of Marin). Autistry provides in-class mentors, homework assistance, registration help, and coursework organization.
- ❖ Individualized self-paced Math and English courses preparatory to college level class work to review basic academic skills.
- ❖ Reading/writing groups at Autistry Studios for students who are not ready to take college courses but want to continue to expand their knowledge.



Vocational Training Program

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. Our Vocational Training Program includes three unique paid internship opportunities:



At the **Square Peg Foundation at Cadence Farm** in Sonoma interns work with rescued thoroughbred racehorses, helping to maintain the farm, and keeping all the various riding equipment in top shape.



Autistry has partnered with the **Western Railway Museum** to preserve historical trolley cars. A specific long-term project is the rebuilding of Presidio and Ferries 28, a 1900's era cable car converted to electric trolley. There are at least a dozen similar projects at the WRM.



MARIN COUNTY
PARKS
PRESERVATION - RECREATION



Interns also work alongside **Marin County Parks** rangers maintaining trails and doing special park projects. The Autistry crews have learned to identify the various invasive species present in the parks and have helped the rangers both in maintaining the aesthetic landscaping of the parks as well as managing the balance of native plant life there.



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 baking a pie to appreciating the de Young Museum and may include:

- ❖ Shopping, cooking, cleaning, and other domestic chores
- ❖ Transportation training, navigation, and driving where appropriate
- ❖ Community exploration
- ❖ Visiting local museums and attending cultural events
- ❖ Exploring 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 design a daily exercise schedule. This schedule takes into consideration the needs and abilities of each individual. Activities may include:

- ❖ Gym circuit training)
- ❖ Yoga / Pilates
- ❖ Bicycling
- ❖ Basketball / Baseball
- ❖ Weight training
- ❖ Hiking
- ❖ Nutrition workshops





Admission Process

We 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 or have a high school diploma
- ❖ Have no current dangerous or self-harming behaviors
- ❖ Have a desire to move toward greater personal independence
- ❖ Able to respond (either verbally or nonverbally) to spoken directions

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 a 5-day a week program but clients may attend fewer days as fits their schedules. A client may have an internship or employment 2 days a week and want to supplement with 3 days at Autistry. The program is flexible to support the needs of the individual.

For more information contact:

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