

Creating a Meaningful Day

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What is a meaningful day?

- *Work*



Benefits of work

- *Results from a study by Garcia-Villamizar et al published in the Journal of Intellectual Disabilities in 2007 suggested that vocational rehabilitation programmes have a beneficial impact upon cognitive performance in people with autism.*
- *A study by Katz, et.al 2015 found that adults with High Functioning Autism Spectrum Disorders Self-report suggests a significant change in the quality of life of the participants, specifically in their evaluations of self-competency.*

What is a meaningful day?

- *Socialization*



Benefits of socialization

- *A study from the University of Minnesota discovered that young adults who exercise and socialize regularly reported better mental health than peers who didn't. In fact, according to the study's authors, some of the mental benefits associated with exercising may be due to the social aspect of it.*



Socialization?

- *In the 20 something population less than 50% of those surveyed with an autism spectrum disorder saw a friend at lease once a week. Compared to 61.8% of those with ID.*



Source: U.S. Department of Education, Institute of Education services, National Center for Special Education Research, National Longitudinal Transition Study-2 (NLTS2).

What is a meaningful day?

- *Recreation*



Benefits of recreation

- *Dattilo said recreation programs that encourage people with autism to make their own leisure choices create a cycle of increasing independence, rather than a pattern of reliance on caregivers to provide recreational activities.*
- *"While people are learning, you can also give them choices," said Dattilo. "And as they make those choices, they are also learning and are empowered to make even more choices."*

John Dattilo, professor of [recreation, park and tourism management](#), Penn State.
2011

Benefits of recreation

- *Recreation is important in promoting inclusion and quality of life.*
- *Increases self-esteem and confidence.*
- *Gives people the opportunity to make their own choices.*
- *Provides satisfaction, enjoyment and pleasure.*

Benefits of recreation

- *Enables individuals with autism to become involved and feel like a part of their community.*
- *Provides the opportunity to gain and develop new contacts and friends.*
- *Sports and exercise programs can improve physical and mental health.*
- *Reduces reliance on parents and other adults.*
- *Increases independence which leads to increased opportunities.*

Quality of Life

- *Self-Determination*
- *Social Inclusion*
- *Material Well-Being*
- *Personal Development*
- *Emotional Well-Being*
- *Interpersonal Relations*
- *Rights*
- *Physical Well-Being*

Schalock's (2000)



The Ideal Day

A combination of:

- *Work*
- *Recreation*
- *Socialization*



A meaningful day for Hans



Work



Socialization



Recreation



Learning



We need a spectrum of jobs



Success, independence, pride

*A street sweeper came whistlin' by
He was bouncin' every step
It seemed strange how good he felt
So I asked him while he swept*

*He said "It's my job to be cleaning up
this mess and that's enough reason
to go for me
It's my job to be better than the rest
And that makes the day for me"*

From "It's My Job" by Jimmy Buffett



When to start planning

- *As soon as possible*
- *Age 18 at the latest*
- *Summer schedule/programs that can transition into post high school activities*



Who plans the day/week?

- *Parents*
- *Caregivers*
- *Friends and family members*
- *Case Management Companies*
 - *Whitmire and Associates*
 - 206-624-0925
 - *Lifespan*
 - 425-883-9867



How to create a meaningful day

- *How to pay for it?*
 - *Respite*
 - *Family support dollars*
 - *Private pay*
- *How to locate programs?*
 - *DDA caseworker*
 - *Seattle Children's Autism Center*
 - *ARC Snohomish/King County*

What is available and where are they located?

- *Tavon Center*
 - *Issaquah*
- *Northwest Center*
 - *Seattle*
- *Alyssa Burnett Adult Life Center*
 - *Bothell*
- *Northshore Wranglers*
 - *Bothell*
- *Parks & Recreation Adaptive Programs*
 - *Seattle, Shoreline, Bellevue, Redmond*
- *Ryther/Aspiring Youth/Delphi Program*
 - *Seattle*

Final thoughts



Questions?

