

# AUTISM ADVISO R Information, and Tips about Autism Spectrum Disorder (ASD)

## Simple Strategies that Work

(For more able students with Autism & Asperger Syndrome)

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Smith Myles, B., Adreon, D., & Gitlitz, D. (2006). Simple Strategies That Work, helpful hints for all educators of students with Asperger Syndrome, high-functioning autism, and related disorders. Autism Asperger Publishing Co. Kansas: Shawnee Mission. With permission.

These strategies are a good general guideline when providing support for students but they are also important to remember at home and in other settings.

### 1. Operate on Asperger time

- a. Twice as much time, half as much done
- b. Modify requirements focus on essentials
- c. Reduce or eliminate handwriting
- d. Avoid rushing

### 2. Manage the environment

- e. Prepare for change
- f. Incorporate the student's preferences
- g. Build in relaxation
- h. Provide choices

# 3. Create a balanced agenda that conserves energy

- a. Monitor demands
- Engage the student in a familiar or calming activity early in the school day to prepare him or her for work
- c. Incorporate special interests into assignments
- d. Alternate difficult and less difficult tasks as well as interchange non-preferred and preferred activities

- e. Provide "down time" in the schedule
- f. Use calming and alerting activities

### 4. Share the agenda

a. Use visual supports to provide information and encourage independence

### 5. Simplify language

- a. Watch for literalness
- b. Teach the "hidden curriculum" (unwritten social rules)

### 6. Set a calm, positive tone

a. Model acceptance

### 7. Live out loud

a. Verbalize your actions

### 8. Be generous with praise

a. Foster attribution and understanding (for the student)

### 9. Listen to the words

a. Seek and offer clarification

### 10. Provide reassurance

a. Reduce uncertainty

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