

VANDERBILT  UNIVERSITY
MEDICAL CENTER




WellpointSM



I/DD ECHO

Teaching Effective Self-Advocacy Skills

Reaching Greater Understanding

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SETTING THE STAGE...

Self Awareness

What does being
autistic mean to
me?

C H A L L E N G E

What

makes

Autism (& other Neuro Developmental Diversities)

particularly

challenging

to
disclose?

FOUR STEPS TO DISCLOSURE

Self-Determination → **Disclosure** → **Self-Advocacy**

1. Awareness of strengths and challenges through verbal, visual, and other forms of communication.

2. “Rack up” strengths and challenges.

3. Non-judgmental comparison of characteristics with others and potential role models.

4. Present labels summarizing a condition rather than a name for a set of deficits.



Making one's needs known in a way that others can understand and provide support.

LIVING IN TODAY'S WORLD

REALITY CHECK

**Most people
are busy with living**

**Most people
are not in the mindset of
accommodating people with differences**

COMPONENTS OF SELF- ADVOCACY

SELF-ADVOCACY

You're Lost... And you ask someone for directions...

“After the 6th light, you look for the big tree on the left and take the third right. Then after the second church, you see a fire station and go left. After going left, you take a right at Tom Street. Drive for 4 blocks and keep bearing right until you see a stream on left, which tells you to take a bridge on the right, headed towards the water tower. When you pass the water tower, take the second left and pull into a parking space in front of International Bicycle Shop, and you are there!

Wow!!! Too much to remember! What are you going to do?

1. You suddenly realize there's way too much information for you to remember

2. Hold on a moment! Can you wait while I get something to take this down?

3. I won't remember it all! Thanks for waiting...

SCANNED

ADVOCATED

DISCLOSED

WHAT & WHEN OF EFFECTIVE SELF-ADVOCACY

Self-advocacy involves knowing

when and how to approach others in order to

negotiate desired goals, and in order to

**build better mutual understanding, fulfillment,
and productivity.**

Successful self-advocacy often involves an amount of disclosure about oneself that carries some degree of risk, in order to reach a subsequent goal of better mutual understanding.

When the effect of being autistic or having another condition significantly impacts a situation or relationship and there is a need for better mutual understanding, it is time to build an advocacy plan.

M a k i n g C o l l e g e R i g h t

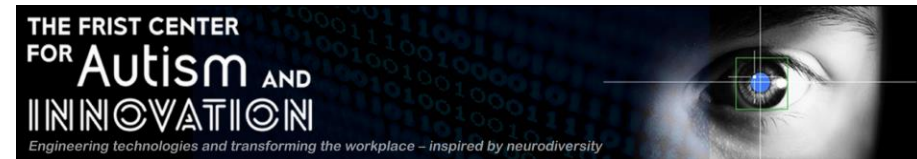
ACCOMMODATIONS WORKSHEET

Name: Any Student School: ASD University

Counselor: Unnamed Somebody Date: August 15, 2021

Challenge	Cause	Suggested Accommodation
Taking tests with multiple questions per page.	Visually over-stimulating, gets lost in all the words.	<ol style="list-style-type: none">1. Only one question per page.2. Two sheets of paper to cover distracting verbiage.
Unable to concentrate under fluorescent lights.	Perception of 60Hz cycling due to visual sensitivity	Explore alternate lighting, sit next to window, wear baseball cap in class.
Scheduling long-term assignments.	Poor executive function.	Regularly meet with professor (perhaps once a week) to keep on target with lengthy assignments.

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Thank you!