



Society for Treatment of Autism

Adolescent and Adult Services

Skills for Life Program

The program involves parents/caregivers/guardians completing an inventory of skills (i.e., Skills for Life Inventory) that allows them to choose three goals from the following areas:

- Housekeeping (i.e., making bed, tidying room, vacuuming, washing clothes)
- Mealtimes (i.e., utensil use, snack preparation, kitchen safety)
- Hygiene/Grooming (i.e., shaving, oral care, nail care)
- Dressing (i.e., orienting clothes, managing fasteners, tying shoelaces)
- Coping with Appointments/Health (i.e., doctor visits, taking medication, hairdresser)

Parents/caregivers/guardians then attend a mandatory orientation* where they will be encouraged to examine their son/daughter's skills and determine "why" the participant is unable to complete the task. Possible factors that may impact performance include:

- Motivational issues
- Skill deficit
- Lack of exposure to the task
- Prompt reliance
- Lack of generalization

**Parents/caregivers/guardians only. Care for participants is not provided, and the individual themselves is not meant to be a part of the orientation.*

In order to best suit client's learning needs and upon discretion of the Treatment team, this program can be offered in a centre-based setting or out of the participant's residence.

Once the goals are chosen, the first week of programming is spent assessing the skills in the target areas. Following this, a Facilitator spends weeks 2-6 working directly with the participants, in a one-to-one ratio, and in consultation with the Program Consultants (i.e., Behavioural Consultant, Speech Language Pathologist, Occupational Therapist), strategies are developed and techniques to effectively teach the targeted skills are utilized.

During the final two weeks of programming (i.e., weeks 7 and 8) parents/caregivers/guardians are required to attend the sessions. During week 7, the Facilitator will demonstrate the strategies and techniques that have been successful in teaching the participant to perform the goals. Finally, on week 8, the parents/caregivers are coached by the Facilitator to implement the strategies that were modeled for them the previous week to encourage the participant to perform the identified skill.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.



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Participants must meet the following criteria:

- Are aged 13 years and older as of the program start date
- Have an ASD diagnosis
- Are able to commit to and attend scheduled treatment dates
- Provide documentation of guardianship status

Cost: \$200 for 8, one and a half hour weekly sessions

Note: If your child has an active FSCD contract, please contact your worker to discuss whether the program is an appropriate fit for your family. When/if your contract is amended, STA is able to direct bill FSCD for the remaining program cost, \$673.65; FSCD does not pay the parent portion.

For further information, please contact Joanne Welcher, Program Coordinator, at 403.991.7823 or welcherj@sta-ab.com, or Preeti Saini, Program Supervisor, at 403.991.7917 or sainip@sta-ab.com



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Work Skills Exploration Program *(formerly PAES and Vocational Program)*

During the program, participants are encouraged to explore a wide variety of entry-level work skills, including but not limited to:

- Retail skills (e.g., folding clothes, using a cash register, money skills, packing groceries)
- Warehouse skills (e.g., sorting, order picking)
- Office skills (e.g., filing, sorting mail, collating)

Facilitators target both “hard” skills related directly to task completion, as well as the “soft” skills (i.e., appropriately responding to and implementing feedback from supervisors, monitoring own break times) required to be successful in a work place. Facilitators also examine the participant’s skills and determine areas to work on and factors that may impact their performance. Possible factors that may affect performance include:

- Motivational issues
- Skill deficit
- Lack of exposure to the task
- Prompt reliance
- Lack of generalization

Once goals are established, the first week of programming is spent assessing the skills in the targeted areas. Then, Facilitators develop strategies and techniques to effectively teach the skill, taking into account the participants current skill level. The facilitators spend 8 weeks working directly with the participants, in a one-to-one or one-to-two ratio.

Parents/caregivers receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Are aged 13 years and older as of the program start date
- Have an ASD diagnosis
- Be motivated to attend programming and willing to participate in all tasks and discussions
- Are able to commit to and attend scheduled treatment dates
- Provide documentation of guardianship status

Cost: \$200 for 8, two hour weekly sessions

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Employment Preparation Program

This program covers the following topics:

- Job Searches, Applications, Resumes and Cover Letters
- Disclosure and Self Advocacy
- Interview Preparation and Videotaped Mock Interviews
- Starting a New Job
- Managing Workplace Demands
- Social Expectations
- Co-Worker Relationships

This program is run in a group learning environment, and includes role playing, interactive discussions and following and attending to PowerPoint slides. Participants are expected to dress in appropriate business attire for their mock interviews. In addition, participants are given "homework" each week, either a short worksheet or anything they did not complete during class time. It is important that the individual themselves be responsible for this work; parents may assist but we ask that they do not do the task for them. Part of the rationale of sending work home is to encourage accountability, time management skills and dependability.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Aged 14 years or older as of the program start date
- Have, and are aware of, their ASD diagnosis
- Are self motivated to attain employment; eager to take a position if offered
- Are able to learn in a group environment
- Demonstrate basic computer skills
- Have the ability to read at a grade 5 level, print/type or have a scribe
- Possess social skills appropriate for group learning
- Be willing to dedicate time beyond program hours
- Are committed to attend scheduled workshop dates
- Provide documentation guardianship status

Cost: \$350 for 12, two and a half hour weekly sessions

Note: Participants are expected to bring their personal laptops to this workshop.

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Post Secondary Preparation Program

This program covers the following topics:

- Decision Making
- Disclosure and Self Advocacy
- Career Planning
- Demystifying the Application Process
- Independent Living and Budgeting
- Financial Planning and Assistance
- Balancing Responsibility
- Time Management
- Stress Management
- Dealing with Conflict

This program is run in a group learning environment, and includes role playing, interactive discussions and following PowerPoint slides. Participants are given "homework" each week, either a short worksheet or completing any tasks they did not complete during class time. It is important that the individual themselves be responsible for this work; parents may assist but we ask that they do not do the task for them. Part of the rationale of sending work home is to encourage accountability and the development of time management skills.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Aged 17 years and older as of the program start date
- Have and are aware of their ASD diagnosis
- Self motivated to attend post secondary
- Reads at a grade 10 level
- Print/type or have a scribe
- Basic computer skills
- Willing to dedicate time beyond program hours
- Committed to attend scheduled treatment dates
- Provide documentation of guardianship status

Cost: \$200 for 8, two and a half hour weekly sessions

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London Drugs Work Experience

This program covers the following areas, which are characteristic of an entry position at London Drugs:

- Facing (i.e., organizing all products in a systematic way on the shelves)
- Time Management (i.e., taking break independently)
- Customer Service
- Communication with Team Members
- Cooperation with Team Members
- Product Judgment (i.e., determining whether or not product can be sold after incurring damage)

This program is run in a group at one of the London Drugs locations throughout the city. While we have many partner sites, there is one “host” location for each session. Participants will have one night of orientation, then 11 shifts of hands-on learning with supportive job coaches. Participants will need to wear a long or short sleeved white shirt, black dress pants and shoes, a belt, and a tie. Being considered for employment following the session is dependent on the store’s staffing needs at the time and the skills presented by the participant.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Aged 15 years and older as of the program start date
- Have, and are aware of, their ASD diagnosis
- Self motivated to seek employment, and willing to take a position if offered
- Willing to accept and implement feedback from multiple supervisors
- Possess adequate fine motor skills
- Work independently with minimal supervision
- Tolerate standing for long periods of time
- Conversational, with basic social interaction skills
- Comfortable interacting with customers
- Committed to and attends scheduled program dates
- Provide documentation of guardianship status

Cost: \$350 for 12, two and a half hour weekly sessions

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Custodial Work Experience

This program is run in the evening at the offices of Society for Treatment of Autism, in a quiet, empty environment. Participants will have 12 shifts of hands-on learning with a supportive job coach. Job tasks include mixing cleaning agents into water, vacuuming, sanitizing, mopping, tidying, etc. Participants should wear clothing that can be stained or soiled.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Must be available for evening shifts
- Have an ASD diagnosis
- Are able to commit to and attend scheduled program dates
- Accepts and implements feedback from supervisors
- Tolerates standing for long periods of time
- Possess good motor skills
- Provide documentation of guardianship status
- Provide guardianship status

Cost: \$350 for 12, two and a half hour weekly sessions

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Sobey's Storcare Warehouse Work Experience Program

This program is responsible for assembling the Food Bank Hampers that are available at Sobey's and Safeway stores. The program is run out of the Sobey's warehouse, east of Balzac on Range Road 291. Public transportation is unavailable to access the site. The program is based in a relatively quiet corner of the warehouse, and focuses on systematically bagging, sealing, boxing crating products. Sobey's is a partner of Society for Treatment of Autism who is active at hiring participants post-program. Of note, consideration for employment following the session is dependent on the participant's skills and ability to meet productivity guidelines, as well as the current staffing needs at the warehouse.

This program involves an orientation and involves hands-on learning with a supportive job coach on site. It is mandatory that participants wear steel toed footwear (i.e., boots or shoes) when they are in the warehouse.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Are aged 18 years and older as of the program start date
- Have, and are aware of, their ASD diagnosis
- Self motivated to seek employment, and willing to accept a position if offered
- Stand for long periods of time
- Demonstrate conversational skills
- Accept and implement feedback from multiple supervisors
- Tolerant of repetitive tasks
- Capable of time management and taking responsibility (i.e., arriving on time, communicating if they are running late or calling in sick)
- Are able to commit to and attend weekly work times
- Provide documentation of guardianship status

Cost: \$350

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Volunteer for Life

This group based volunteer program is run in a variety of community settings. The program focus is to develop social skills with peers in a natural setting, provide an opportunity to sample various work/volunteer tasks, and to build self-confidence by learning valuable life skills while giving back to the community. Participants collaborate with supervisors to complete assigned tasks specific to the volunteer setting. Tasks may include, but are not limited to: setting up a room for dining service; packing lunches; sorting clothing donations; sanitizing toys; and prepping pamphlets for mail out.

Volunteer for Life provides participants with an opportunity to experience a variety of different jobs, interact with community members, practice supervisor-employer relationships, and learn valuable skills to ready them for the workplace. Punctuality, time management and interpersonal communication are other employment goals will be a focus.

Parents/caregivers/guardians receive email updates throughout the session and after the session is completed, a Session Summary (i.e., which outlines the strategies and recommendations that were utilized during the program) will be emailed.

Participants must meet the following criteria:

- Aged 13 years and older as of the program start date
- Have, and are aware of, their ASD diagnosis
- Demonstrate conversational skills
- Capable of standing for long periods of time
- Be committed to attend scheduled program dates
- Provide documentation guardianship status

Cost: \$350 for 12, two and a half hour weekly sessions

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