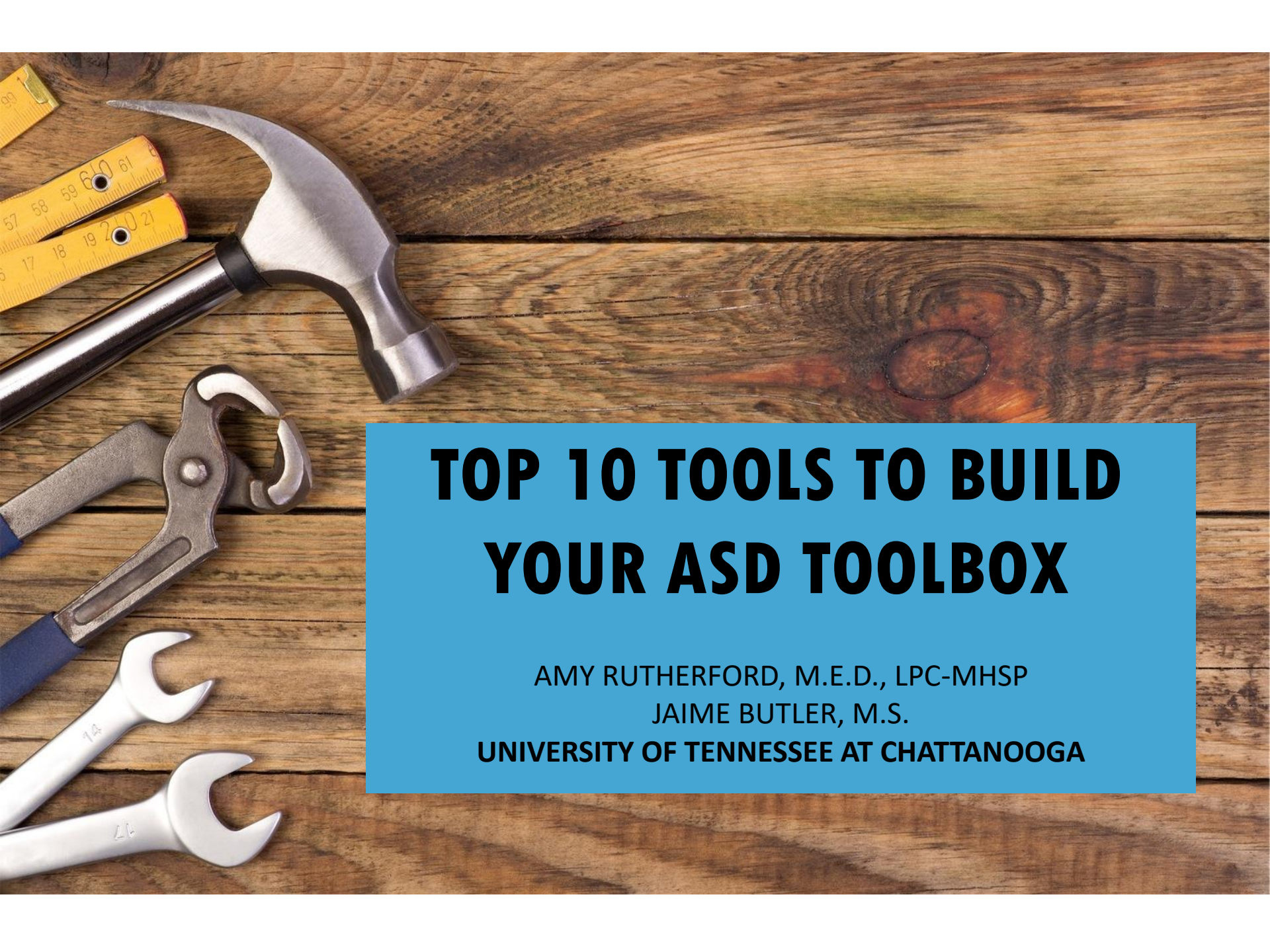


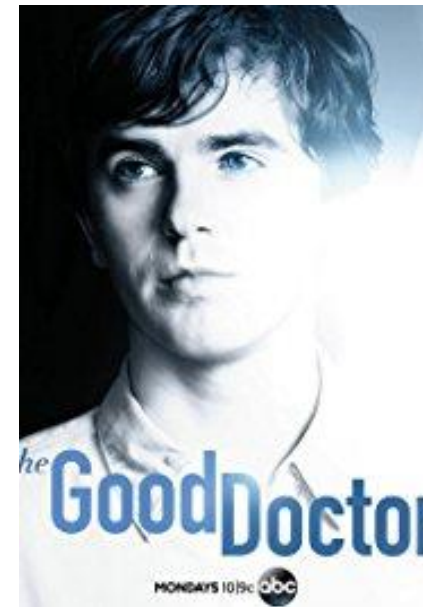
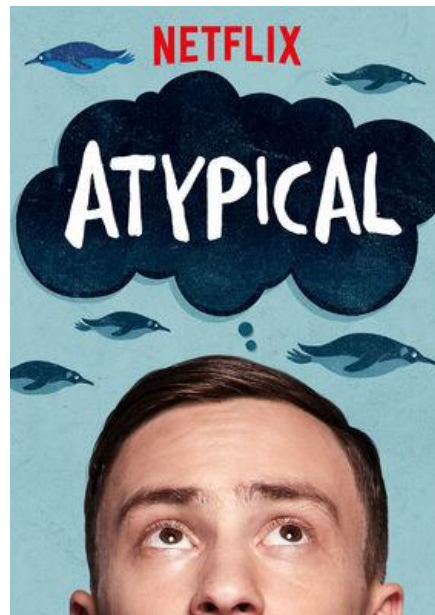
A collection of tools including a hammer, pliers, wrenches, and a tape measure on a wooden surface. The tools are arranged on the left side of the image, with the hammer at the top, pliers in the middle, and two wrenches at the bottom. A yellow tape measure is also visible at the top left. The background is a rustic wooden surface with a prominent grain pattern.

TOP 10 TOOLS TO BUILD YOUR ASD TOOLBOX

AMY RUTHERFORD, M.E.D., LPC-MHSP
JAIME BUTLER, M.S.
UNIVERSITY OF TENNESSEE AT CHATTANOOGA

Tool 1: Popular Media Characters

- It is imperative to not stereotype ASD. However, using characters in popular media to model strengths can help individuals identify their own strengths.



The Good Doctor



Tool 2: Transition Preparation

- The transition to Higher Education is difficult for any student, but particularly so for students with ASD
- Transitions while in college are also difficult
 - Different classes each semester
 - Different roommates
 - Different meal plans/eating options
 - Cancelled classes...

If-Then Journal

- Rule book for life's unexpected changes
- Scenarios to guide decisions
 - If classes are cancelled...
 - A. Go to the library
 - B. Go to the study area in the building



Tool 3: Planning/Time Management

- In the college setting, a planning/time management system will be vital to not overload the file cabinet in their brains.



Organizational Systems

- Organization is the key
- May not look the same for everyone
- Folded schedules in pockets
- Full color-coded binder systems



Smart Watches

- Smart watch provides haptic feedback for reminders
- Tracks fitness and sleep patterns
- Can sync with other tools
- Helps find phone



Time Management

- Being a student is a full time job (40 hours per week)
- Using time effectively
- Structuring classes, studying, tutoring sessions around most effective times
 - *Impact of medication*
 - *Cognitive tasks*
 - *Short-term tasks*
 - *Long-term memory*

	MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
7:00 AM							
7:30							
8:00	MATH 1130	Phil 1150	MATH 1130	Phil 1150	MATH 1130		
8:30							
9:00	ENGL 1010		ENGL 1010	TEST	ENGL 1010		
9:30							
10:00	ENGL 1530		ENGL 1530	MATH 1130	ENGL 1530		
10:30							
11:00					Reflection		
11:30					Reflection		
12:00 PM			LUNCH GROUP				
1:00							
1:30		LIFE COACHING	3.4	HW5			
2:00		email prof.	3.5	HW5	Mosaic		
2:30		Study for test					
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00		Battle Royal	1st draft				
6:30			2nd draft				
7:00							
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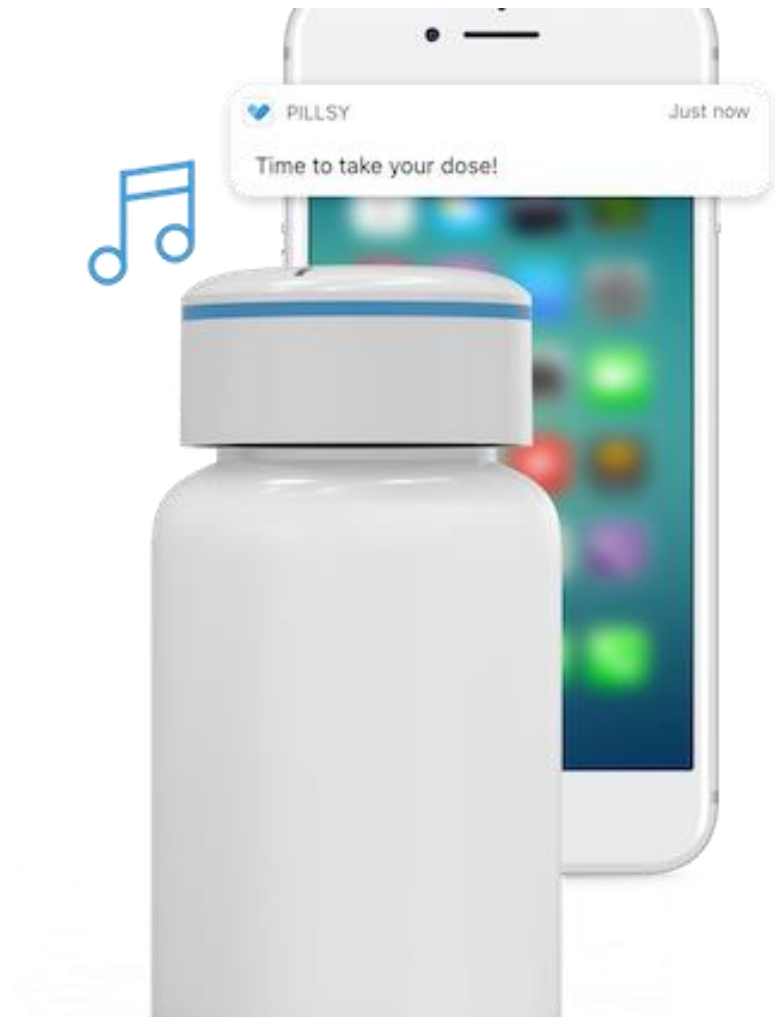
Weekly To Do LIST	
• Email prof. about reflection? • 3.4, 3.5 • Battle Royal ? HW5 • 2nd draft synthesis	Remind

Tool 4: Daily Living Systems

- As students with ASD transition into being more independent, they must develop living systems to help regulate daily tasks:
 - *Medication management*
 - *Healthy eating habits*
 - *Wellness routine*
 - *Sleep monitoring*
 - *Clean living environments*
 - *Remembering tools for the day*

Medication Management: Pillsy

- Integrated medication reminders
- Video advertisement for Pillsy:
<https://www.youtube.com/watch?v=d1ylxHQiuOU>



Keeping Track of Items: Tile

- Track what is important
- Locate what is lost
- Can be tracked on phone
- Sharing capability

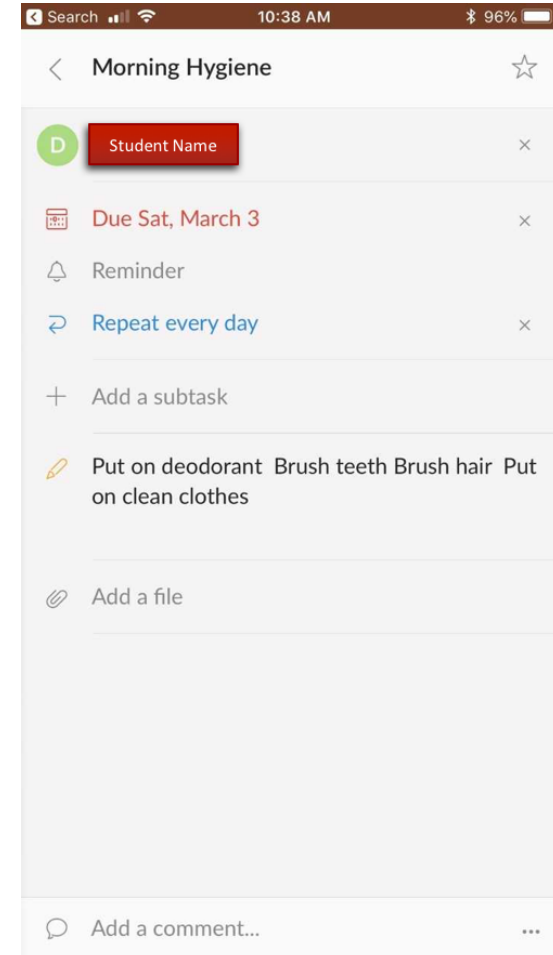
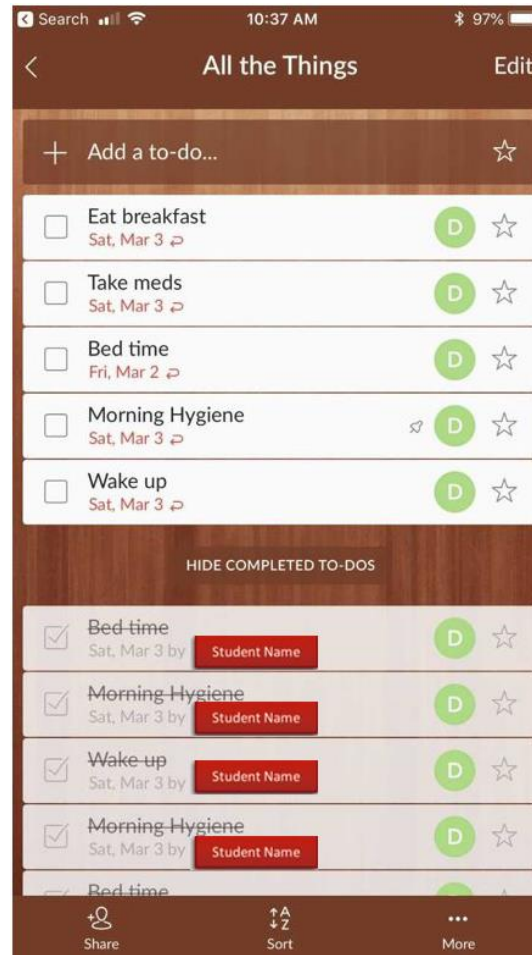


Reminder System: Wunderlist



Wunderlist

- Create daily reminders with timers (prompts)
- Put detailed instructions in the notes section



Genetic Screening

- Allows for doctors to evaluate the medication that will best be metabolized
- Evaluates all medication types
- Helps alleviate the medication trials to find what works
- Red, Yellow and Green Zones

Color-coded categories on efficacy and tolerability:

Green: Medications may be used as directed

Yellow: Use medications with caution

Red: Use medications with increased caution and more frequent monitoring



GeneSight Psychotropic Results

assureX

health

Patient, Sample

DOB: 7/22/1984

Reference: 1456CIP

Clinician: Sample Clinician

Order Number: 9299

Report Date: 4/03/2014

Antidepressants

USE AS DIRECTED

desvenlafaxine (Pristiq®)

levomilnacipran (Fetzima®)

USE WITH CAUTION

bupropion (Wellbutrin®) [1,4]

selegiline (Emsam®) [1]

sertraline (Zoloft®) [1,4]

trazodone (Desyrel®) [1]

vilazodone (Vibryd®) [1]

USE WITH INCREASED CAUTION AND WITH MORE FREQUENT MONITORING

amitriptyline (Elavil®) [1,4,8]

citalopram (Celexa®) [1,4,8]

clomipramine (Anafranil®) [1,4,8]

desipramine (Norpramin®) [1,4,8]

doxepin (Sinequan®) [1,4,8]

duloxetine (Cymbalta®) [1,4,8]

escitalopram (Lexapro®) [1,4,8]

fluoxetine (Prozac®) [1,4,8]

fluvoxamine (Luvox®) [1,4,8,8]

imipramine (Tofranil®) [1,4,8]

mirtazapine (Remeron®) [1,4]

nortriptyline (Pamelor®) [1,4,8]

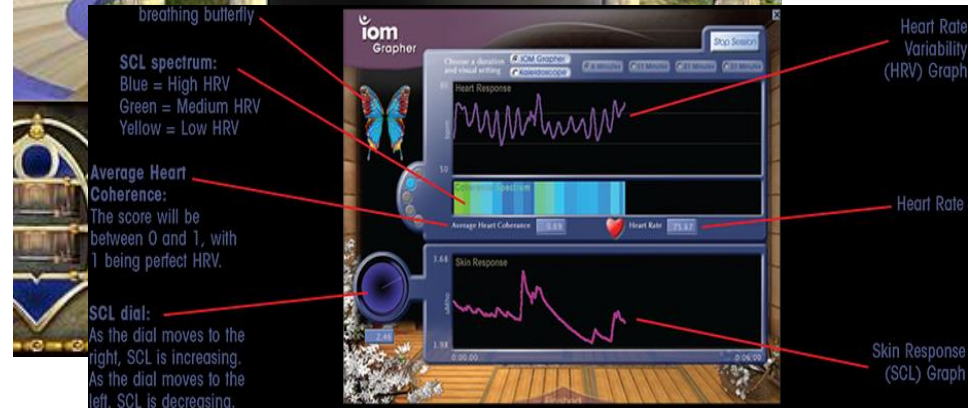
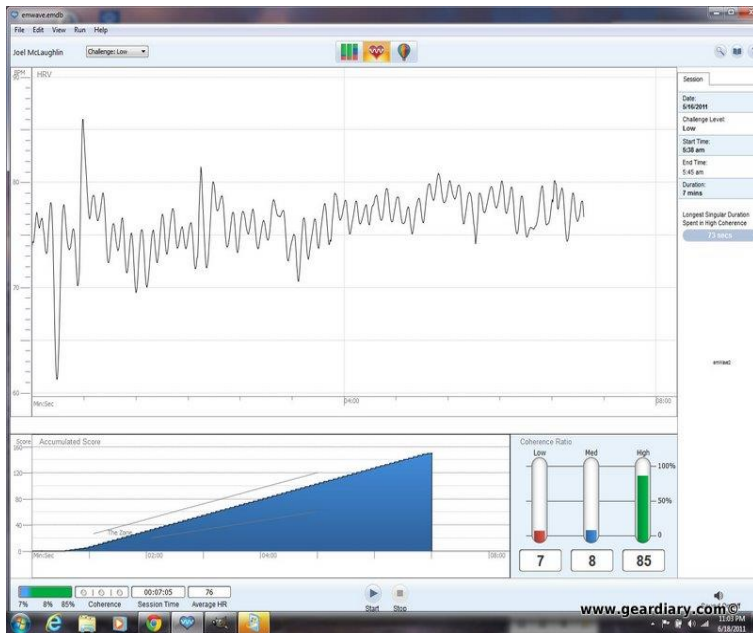
paroxetine (Paxil®) [1,4,8,8]

Tool 5: Technology

- The world of technology is an area where many students with ASD feel comfortable. Many pieces of technology can be particularly helpful for this population of college students and may be the difference between independence via yourself rather than dependence on others.

Biofeedback

- Measures Heart Rate Variability (HRV) and Coherence
- Helps with emotional regulation



Note Taking: Echo Live Scribe Pens

- Records everything students hear, say and write
- Replays recording from specific locations by tapping notes
- Can sync all notes and pencasts
- Accessories mimic all other paper products used

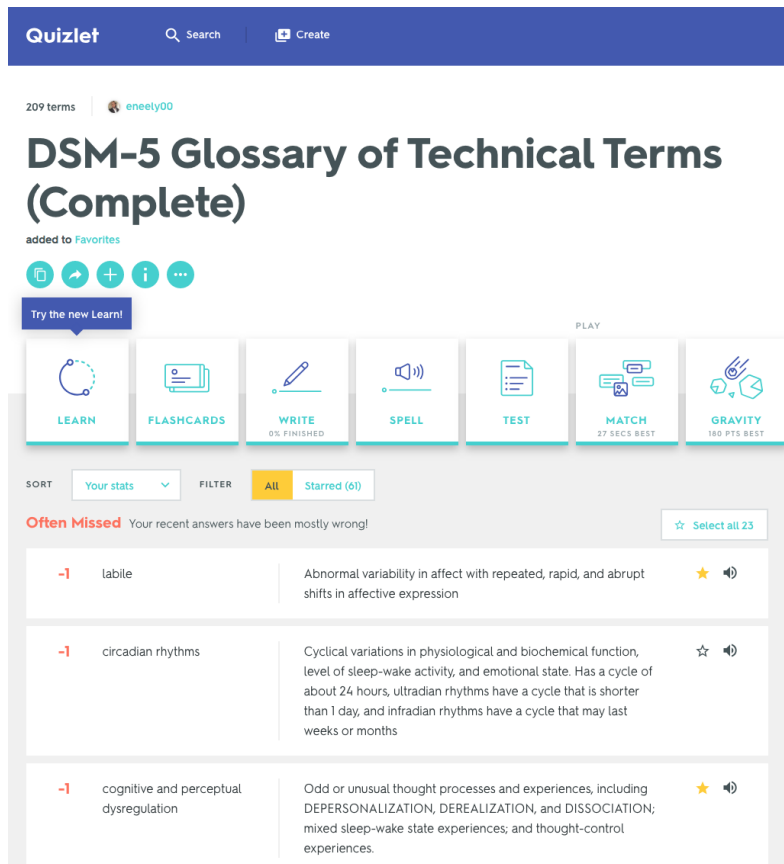


Tool 6: Apps & Websites

- Many apps and websites are designed specifically for students with ASD. Others are designed for general use but can be particularly helpful for students with ASD.

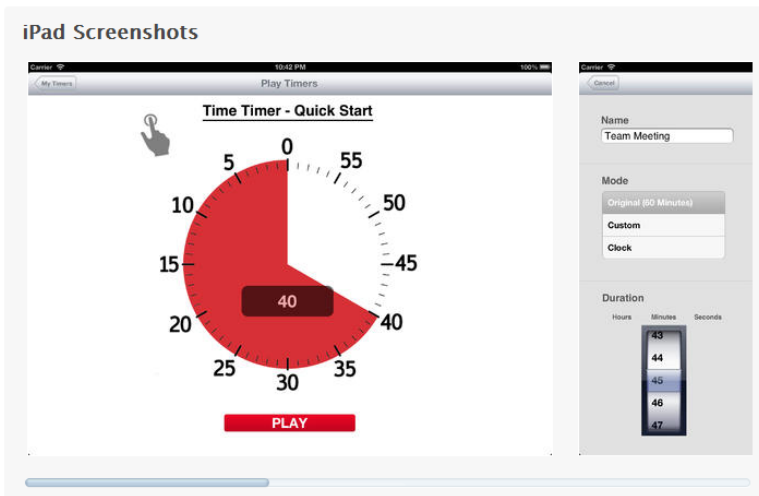
Studying Tools: Quizlet

- Online and app
- Pre-existing study sets



Timers

Time Timer

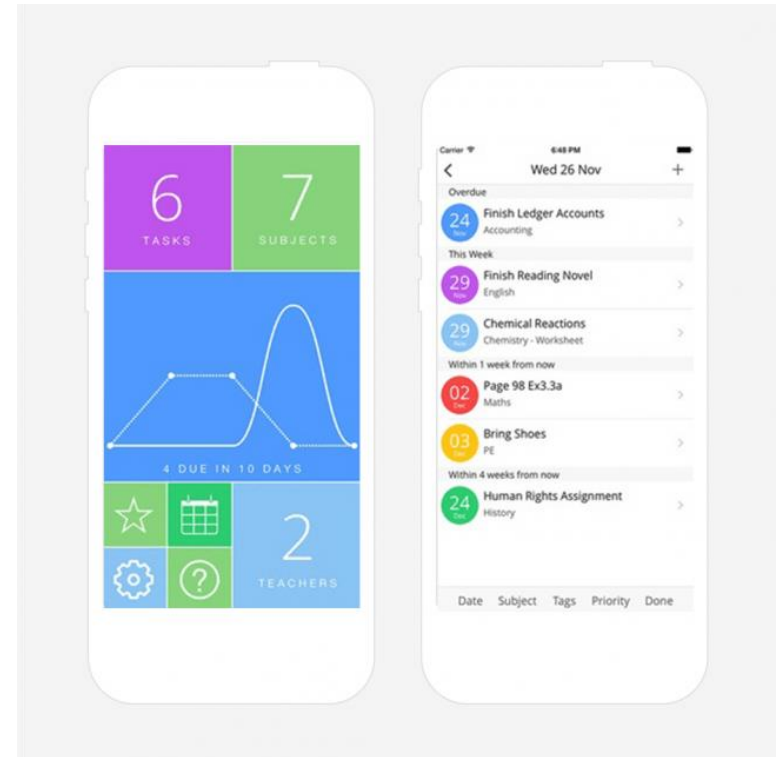


Hours



The Homework App

- It's FREE
- All in one app
- Tracks assignments, due dates and instructor information
- Graphs peak times of the week
- Color-coded



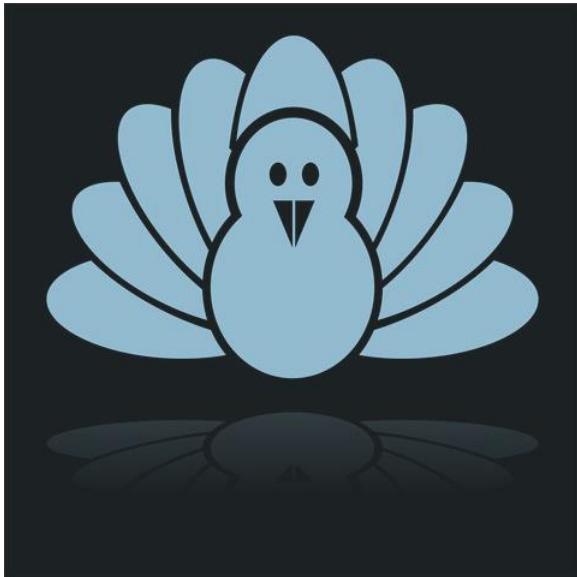
Gamification: HABITICA



Video advertisement for Habitica:

<https://www.youtube.com/watch?v=hgdeJnSili0>

Focus Strategies: Cold Turkey



- <https://getcoldturkey.com/>
- Blocks distracting websites
- Can schedule blocks to create a routine

Focus Strategies: Flora

- Set a time limit
- Keeps student from using other apps while they should be studying
- Also useful for staying focused during class



Self-Monitoring: S $\bar{O}$ SH

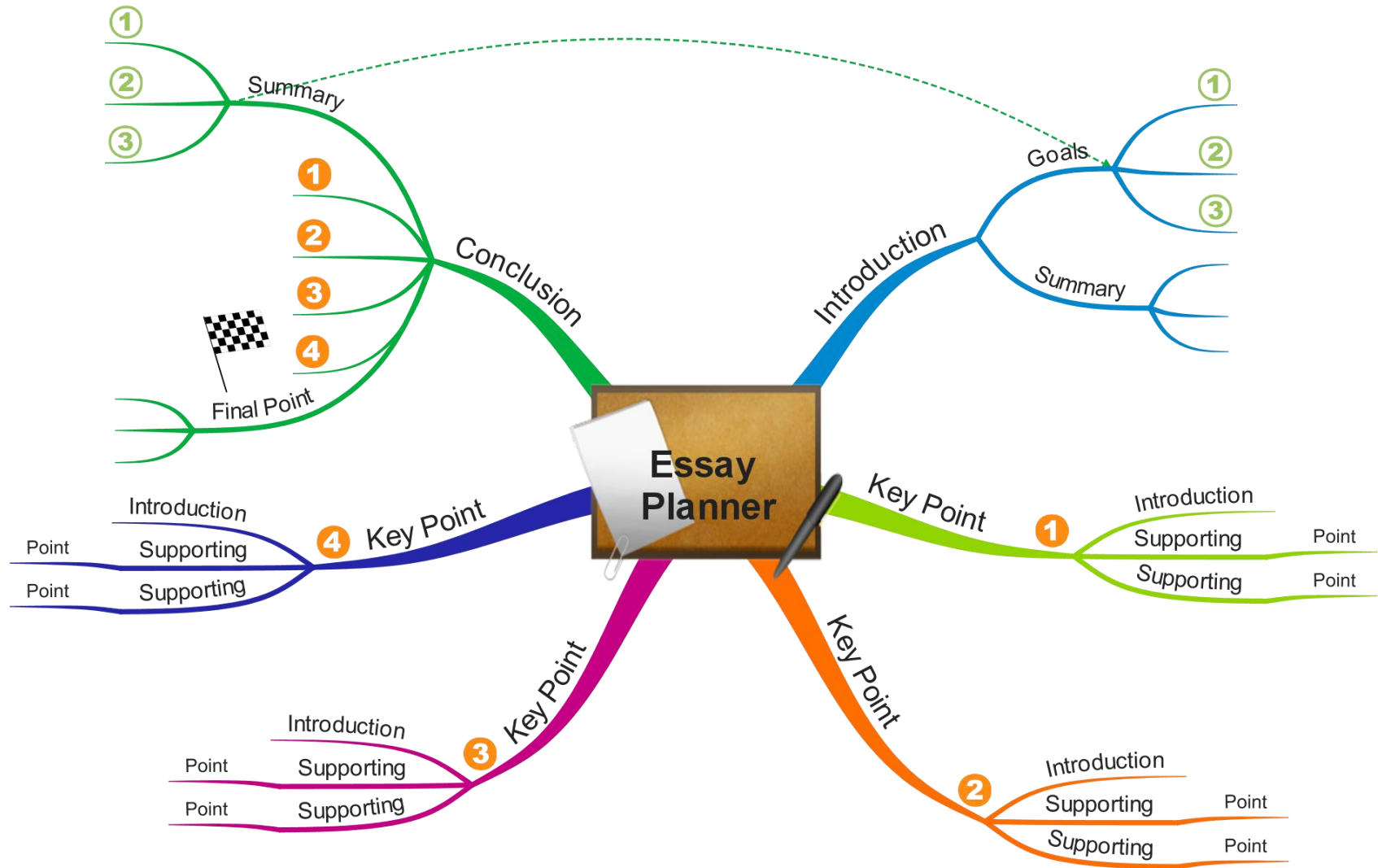
- <http://mysosh.com/>
- The S $\bar{O}$ SH framework divides social functioning into five areas essential to social skills development and success:
 - **Relate** (connect with others)
 - **Relax** (reduce stress)
 - **Regulate** (manage behaviors)
 - **Reason** (think it through)
 - **Recognize** (understand feelings)
- Currently not available in US



Tool 7: Writing Support Strategies

- One common area of difficulty that we see shared among many college students with ASD is difficulty with the writing process.

Mind Mapping: Visual Outline

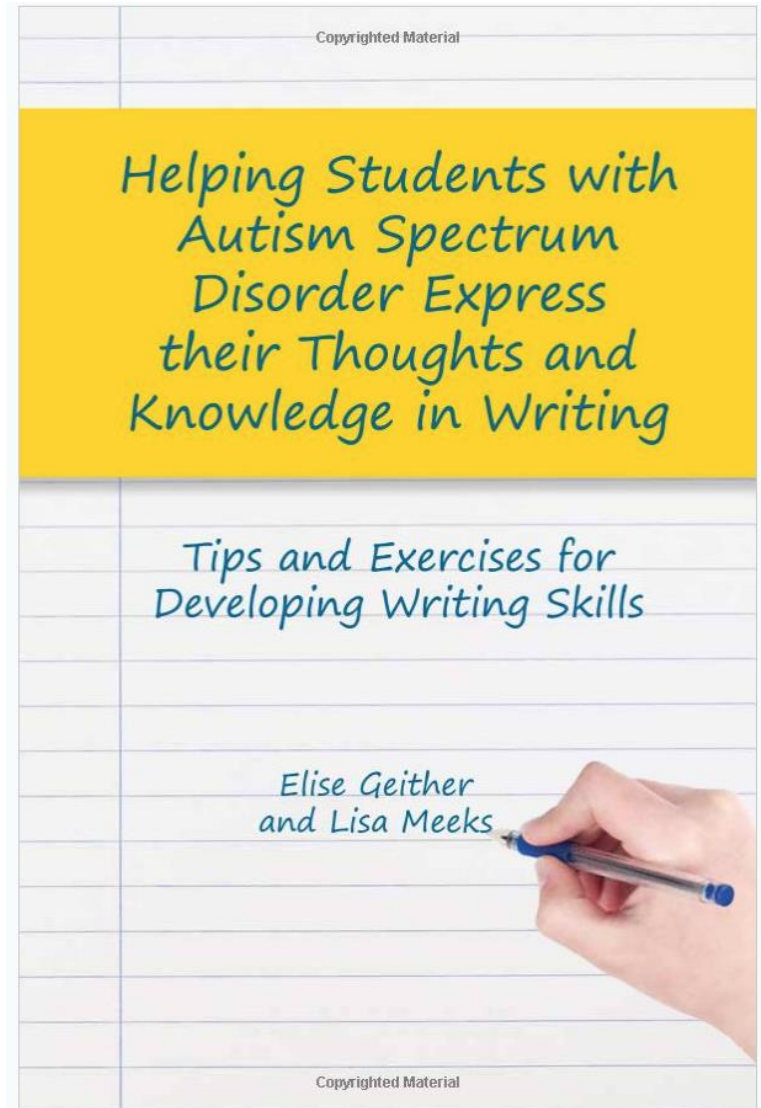


Mind Mapping: Index Card System

- Color-coded index cards
- So much information in the brain about specific topics
- Helps to keep thoughts narrowed
- Organize thoughts
- Helps with outlining:
 - *Manipulate the cards physically to arrange the paper*
 - *Cut and tape from one card to another as a method for drafting*

Writing Strategies Book

- *Helping Students with Autism Spectrum Disorder Express Their Thoughts and Knowledge in Writing* by Elise Geither and Lisa Meeks

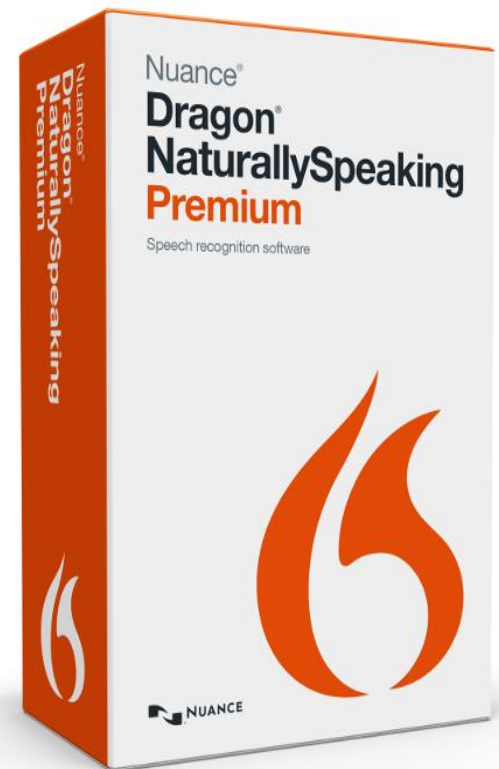


Using Technology

- Voice-recognition software
 - Type rather than hand-write
 - Assists verbal students who tend to talk-out ideas
- Reading software
 - Allows the student to self-edit, as much as possible
 - Assists student in getting material in a variety of ways, which can help with focusing and comprehension

Dragon NaturallySpeaking

- Speech Recognition Software
- Helps with the impact of Dysgraphia and other written expression disabilities
- Turns speech into text
- Can help in brainstorming ideas
- Works well with most voice patterns
- Has a phone app



Tool 8: Communication & Social Skills Strategies

- Another area that causes confusion and frustration is the ability to accurately express and interpret messages through social communication:
 - What to post and what not to...
 - What do your posts say about you?
- Some of the most important aspects of relationship building and maintenance is through social communication

Written Communication

- Email template
- Scripts
- Bulleted lists for phone conversations
- Rules of engagement
 - Topics for phone vs. email
 - Texting templates
 - No-go topics of conversation

Sims University: Social Modeling

- Gives user the ability to choose from different options to practice responses/actions in social situations



Social Rule Reminders

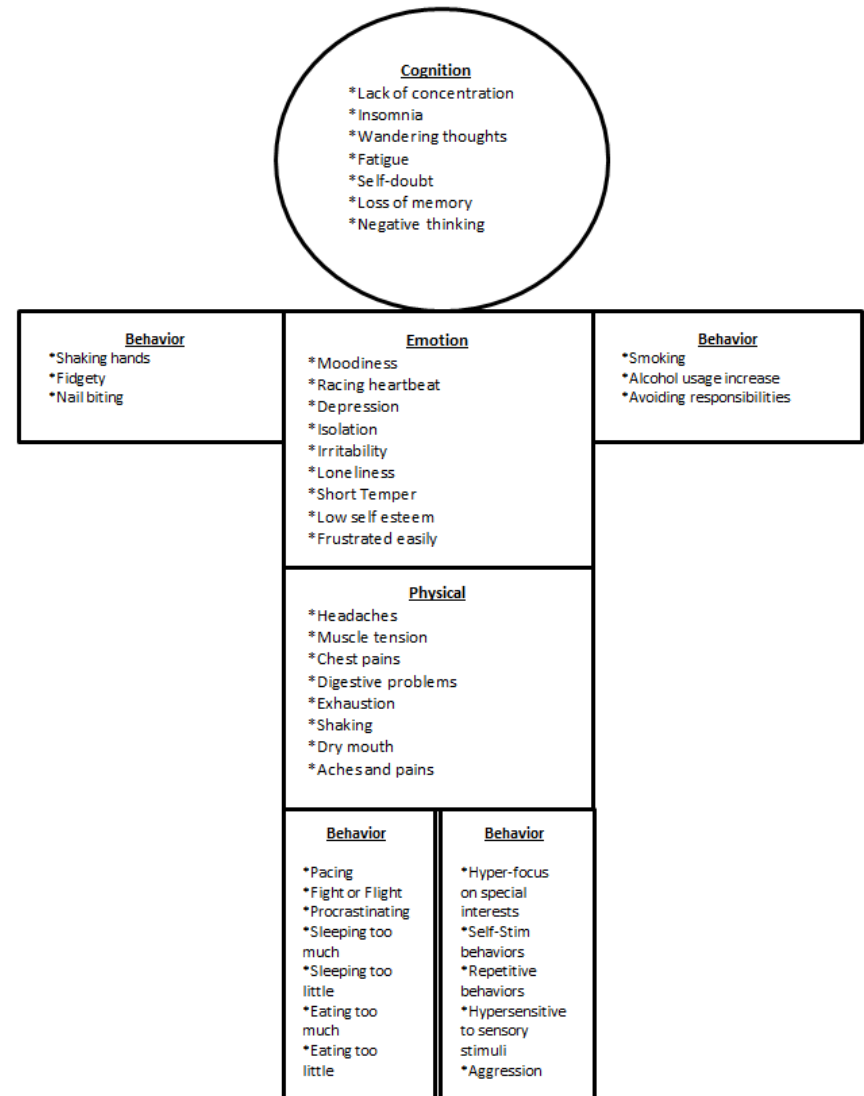
- Social rules book
- Classroom prompts-business cards
- Voice Meter App
- Roleplaying
- Direct feedback

Tool 9: Anxiety Management

- Because college students with ASD consistently feel like they are observing and performing to try to decipher the social rules of college, they often experience heightened levels of anxiety. Recognizing the symptoms of anxiety and tools for managing the anxiety is vital in the Higher Education environment.

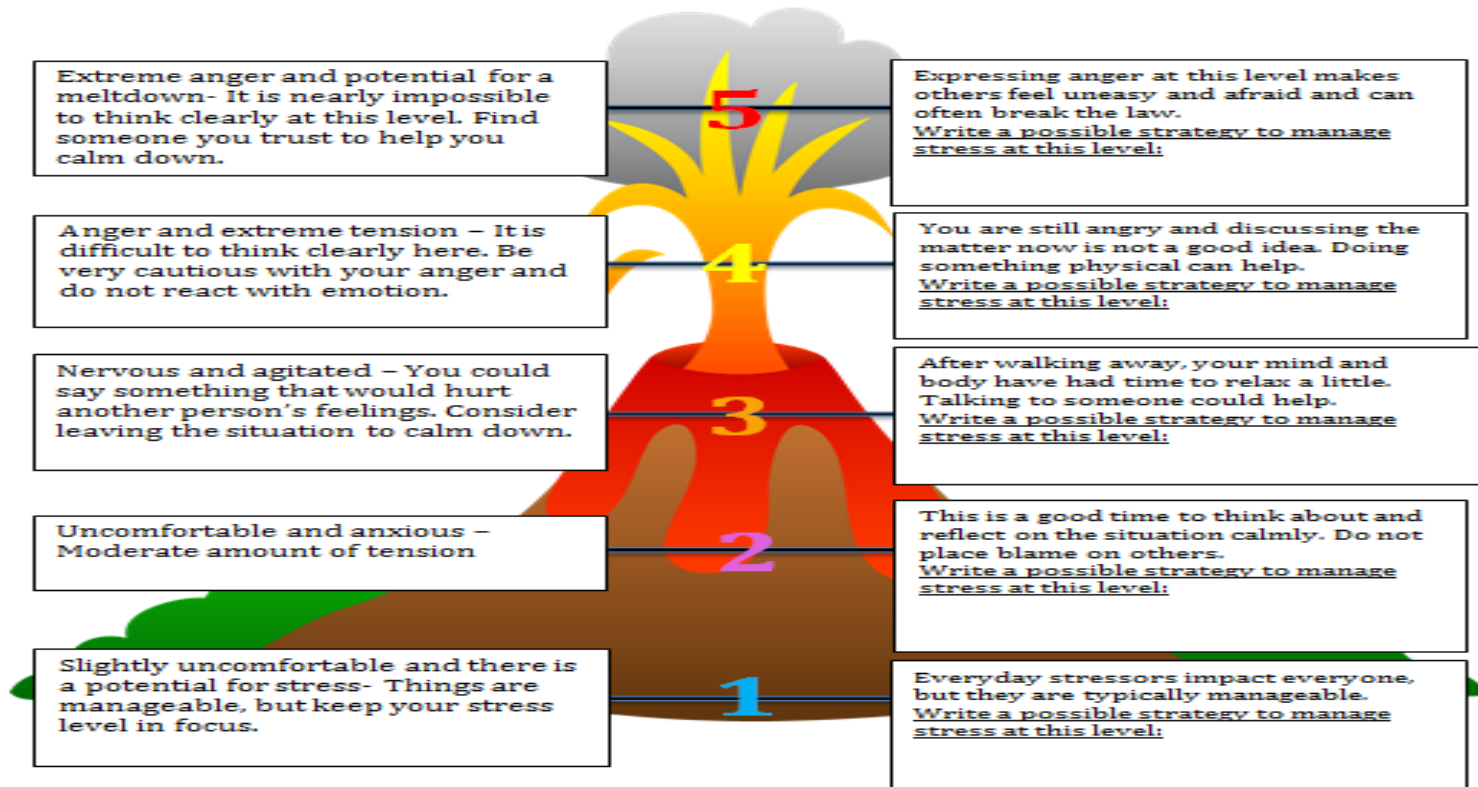
Visuals: Identifying Stress Indicators

- There is difficulty associating the physical symptoms of their body systems with stress.
- Use something as simple as a visual or something as complex as Biofeedback.



Visuals: Know Your Boiling Point

KNOW YOUR BOILING POINT: A SCALE TO KEEP YOUR COOL



What are some of your identified hot spots? What are some cooling methods?

Other Anxiety Tools

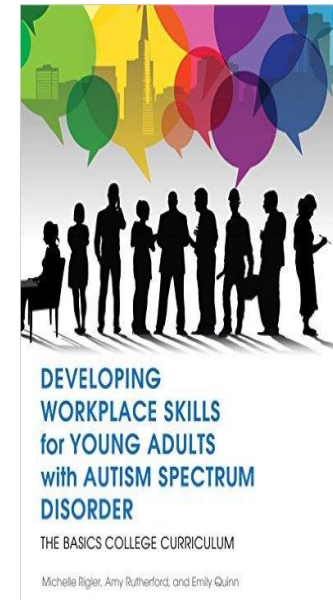
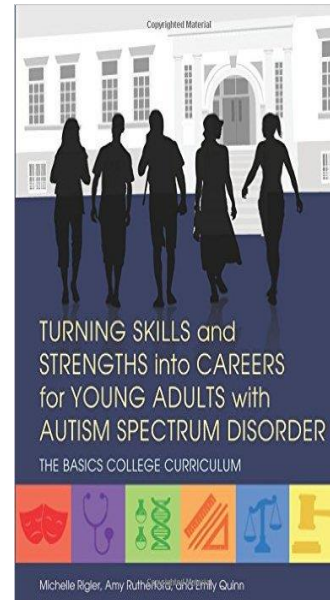
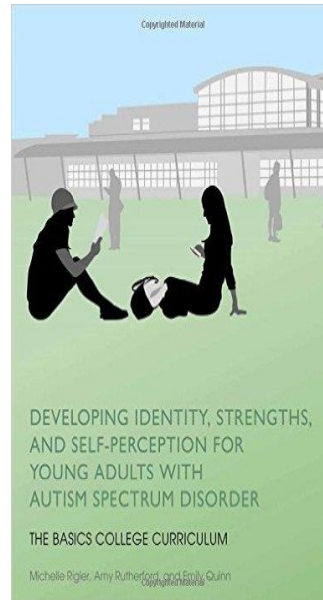
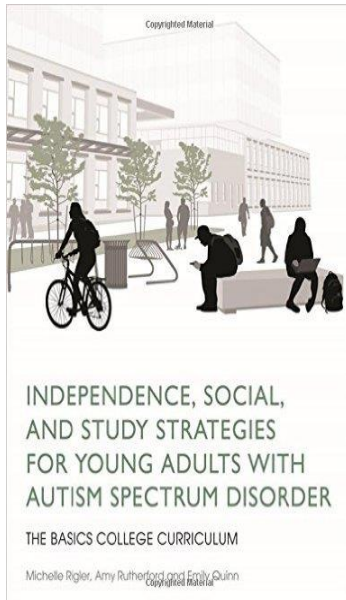
- Weighted blankets
- Stress balls/fidget toys
- Guided breathing apps
- Creating a sensory friendly escape space

Tool 10: Books to Review

- The following books can be used as a resource to help students throughout college or the next phase of their life...

Books

- Written by Michelle Rigler, Amy Rutherford & Emily Quinn
- Based on student feedback
- Addresses various stages of life during college and preparing to transition out of college



Books

