

Comprehensive Autism Planning System (CAPS) 6-Minute Brief

Name: George Lefter

Support Network Contact: Name: Dan Teller **Phone:** 433-9087 **Date:** 8-14-12

Activity/Task/Job: Pre and Post Work Support

Training Needs or Supports for Skills of this Activity/Task	Reinforcement to Include in Activity/ Task	Social and Communication Needs and Supports	Sensory/Biological Considerations and Supports	Environmental Modifications and Supports Used	Suggested Natural Supports
<p>George needs to be able to follow a morning routine to get to work on time and in a calm mood</p> <p>George also needs to be able to use destressing techniques or strategies to relax after work</p>	<p>Add to schedule eating breakfast while watch his favorite morning show (8 AM "Transportation Highlights")</p> <p>Destressing activities should be reinforcing and specific to George's needs</p>	<p>Make available a visual schedule with pictures of each step in the AM routine</p> <p>After work, a visual support of options should be available should he need to re-view his options (depends on how difficult the day has been)</p> <p>All staff should monitor the amount of verbal language used, especially questions and directions</p>	<p>Breakfast is a must before work! Even if George says he does not need it, offer a variety of options. Without breakfast, his blood sugar drops by mid-morning and he has difficulty focusing and regulating his moods</p> <p>Destressing options should all be sensory strategies. Staff to limit questions and social attempts when he first arrives home. George needs the option to go to his room, shades closed, iPod (NO ear buds) and use weighted blanket. He may also choose rocking chair and weighted blanket. At times, he may choose a short, walk around the park perimeter, no talking, no social interaction.</p>	<p>Shades partially closed for George's arrival home</p> <p>Rocking chair available</p> <p>Loud house activities such as vacuuming or dishwasher (for some reason this sound bothers George) should be completed before he arrives</p>	<p>For his morning routine and then immediately after work, pair George with following support staff: Mary S., Dan T. or Juan H. These staff members are instinctively less talkative and seem to have a natural calming effect. Use Mary, Dan and Juan as models for other staff to better understand how to interact (or not interact) with George at these stressful times of the day.</p>

Modified by Chris Filler with permission from:

Henry, S. A., & Myles, B. S. (2007). *Integrating best practices throughout the student's daily schedule: The Comprehensive Autism Planning System (CAPS) for individuals with Asperger Syndrome, autism and related disabilities*. Shawnee Mission, KS: Autism Asperger Publishing Company.