

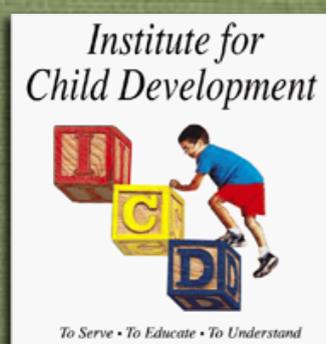


# Autism Initiative Training Series

## Module 2: Chapter 2.4

### Social Networks and Personal Choice

<http://bddso.icd.binghamton.edu>



# Learning Objectives

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- Describe two reasons why choice enhances quality of life.
- Name four areas where choice is important.
- Identify two ways to improve choice in each area.
- Name four considerations when providing choice to adolescents and adults

# Choice as a Key Component in Quality of Life

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- We all make choices that affect our quality of life.
- Some aspects of quality of life are different for each of us.
- Each individual is entitled to make choices that lead to happiness, fulfillment, and personal satisfaction.
- Research has shown that providing individuals with autism opportunities to make choices leads to improvements in quality of life.

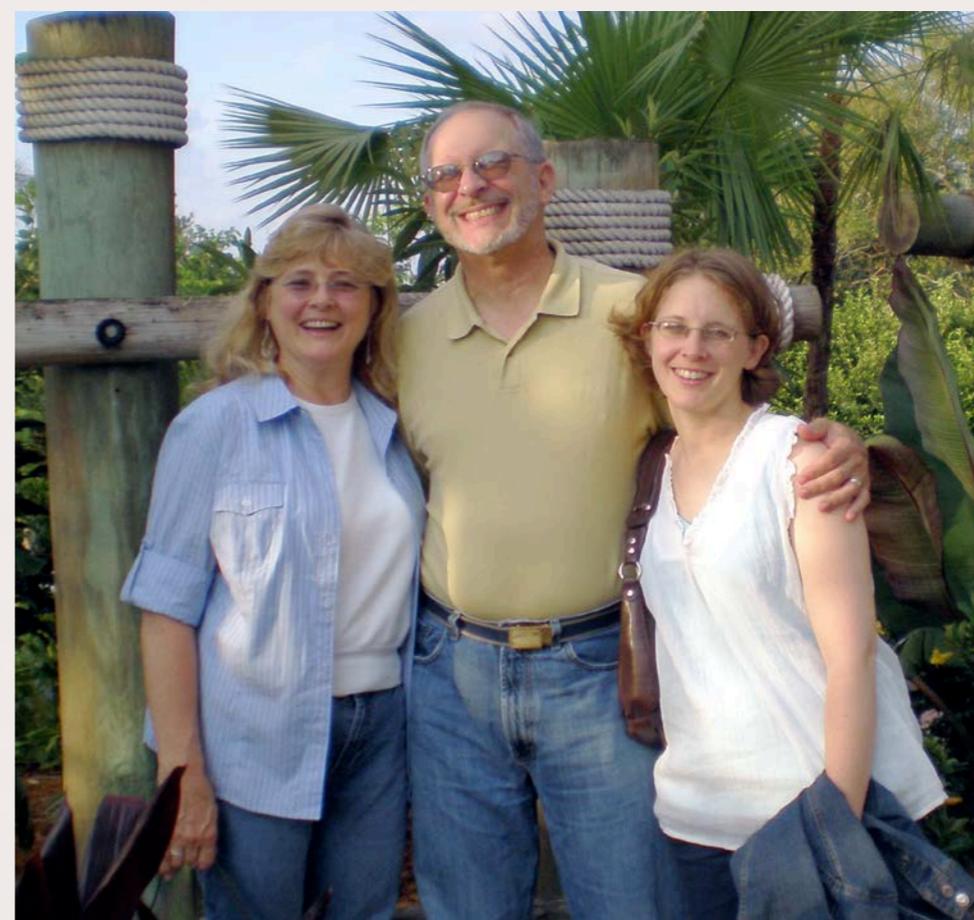
# Where is Choice Important?

- Family Relationships
- Religion/Faith
- Friendships
- Dating and relationships



# Family Relationships

- Common choices one might make:
- Talking on the phone to a family member.
- Visits or outings with a family members.
- Gifts/cards to send



# Individualized Choice of Faith or Religious Practice

- Acceptance and participation in religious community.
- Communication with religious educator and/or leader
- Identifying social supports within religious community
- Choice of religious/faith participation.



# Friendships

- Limitation of living with specific people that may or may not be an individual's preferred friend(s).
- Allowing choice in friendships
  - Online networks
  - Support groups
  - Community activities



# Dating

- The reality of developing social networks for adolescents entails the dynamics of a dating or intimate relationship
- Safety & personal matters
- Social Skills



# Providing Choice to Adolescents & Adults

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- Respect & Dignity
- Supervision
- Autonomy
- Remember Quality of Life!