

Autism Initiative: Training Series

Module 2: Key Components in Residential Service Provision Chapter 2.3: Core Elements for Enhancing Quality of Life

Self-Assessment of Material

1. What is the definition of quality of life?
 - a. The personal choices that influence self-regulation for behavior improvement.
 - b. The degree of well-being based on personal satisfaction with core conditions.
 - c. Individual rights and legal requirements that must be met to receive services.

2. Which of the following are components of quality of life (select all that apply)?
 - a. Physical, emotional, and material well-being.
 - b. Personal selection of food and clothing.
 - c. Interpersonal relations and social inclusion.
 - d. Self-determination, personal growth, and individual rights.

3. What is the impact of choice on quality of life?
 - a. Choice is a key component to quality of life because it increases independence and growth.
 - b. Choice is an important part of material well-being because individuals get what they want.
 - c. Choice is important, but staff should always guide individual choices for life decisions.

4. What three ways can staff and family members promote quality of life (select all that apply)?
 - a. Offer choices for meals once per week.
 - b. Assess and create opportunities for personal growth.
 - c. Encourage choice and promote personal values of staff.
 - d. Encourage choice and promote personal values of individuals.
 - e. Ensure best possible outcomes for success.

5. Which of the following represents the 4 components of a quality program (select all that apply)?
 - a. A treatment team led by a supervisor or clinician only.
 - b. A clinical team that values parent and individual input.
 - c. Sufficient experienced staff with the ability to build rapport.
 - d. Access to recreational activities in the home for personal pleasure.
 - e. Carefully planned instructions and programs to help individuals meet their goals.
 - f. An approach that facilitates the best individualized outcomes.