



Autism Specific Progressive Curriculum a Snapshot

Core areas covered	Daily living, Pre-Vocational, Vocational, Kitchen and Cooking, Interoception
Skill levels	Explorers Innovators Trailblazers
Staff	Daily Living Instructor Recreation and Interoception Instructor Kitchen and Cooking Instructor Pre Vocational Instruction Job Coach/ Aid
Projected timeline	The projected timeline for a student to complete the training for this curriculum is 1-3 years. Exceptions can be made on an as needed basis per student.

Background

Wisconsin Independent Learning College Inc. (WILC) is an autism-specific training program for adults ages 18-30. We provide training in the general areas of daily living and pre-vocational skills. We are a small non profit in Waukesha, WI that have students from all surrounding counties commuting on different schedules.

Autism Spectrum Disorder (ASD) creates a dynamic learning experience for the individual diagnosed. WILC's goal is to tailor our learning environment to our student's needs on an individualized basis while still maintaining the ability to be involved in group structures. This curriculum is an expanded and progressive extension from our previously used curriculum.

Scope

WILC is a unique service in that it covers a plethora of activities and beneficial programming to our students that can be offered on an elongated timeline based on the needs of the student. We use a scaffolding approach to ease the student into our environment so they have time to acclimate and also build rapport with staff and students while having more informative sessions. This creates a rhythm of trust for the entire system of learning between staff and students. Once the student has become more aware of the basic concepts and has become comfortable with staff and students they can move on to the next skill level. The second skill level is one that focuses on the student engaging in goal setting and using their acquired knowledge to make appropriate goals for themselves. The student will practice creating goals and will practice initiating their skills to be independent with the help of a staff member. The last level for the curriculum is mastering initiation and generalization of acquired skills from the first two levels as well as any naturally occurring goals that are applicable to the student (using a house key, cell phone, etc.).

Objectives	Requirements
<ul style="list-style-type: none">● Attend to sensory needs● Create an engaging environment● Challenge skill level at an appropriate pace● Increase independent abilities	<ul style="list-style-type: none">● ASD diagnosis● 18-30 years old● Ability to use the bathroom independently● Ability to enter the community safely

Sneak peak of core concepts











	DLS	PreVoc	Kitchen/ Cooking	Recreation	Interoception
Explorers	"Adulting"-time management, budgeting	Being prepared for work, organization, calling in	Tools, appliances, safety	Social skills, fine motor skills, gross motor skills	Learning about the mind, body, emotion connection
Innovators	Using calendars/planners, making lunch plans	Using hands on skills like typing, data entry, etc.	Practicing meal planning, using basic skills to prepare snacks	Making goals related to the monthly and weekly topics	Practicing body activity cards to reflect on physical sensations
Trailblazers	Using social media, personal technology, budgeting	Volunteering, Using DVR services, exploring vocational options	Meal planning, creating shopping list, shopping for materials, making the meal, cleaning up and storage of food	Creating a long term and 2 short term goals to implement	Creating an "emergency" plan for overload moments, discussion of the psychology of emotions and actions

Examples

Below you will find an example monthly calendar that is provided to parents as well as an example lesson. The monthly calendar is a tool that reflects what skill groups are incorporated each day as well as the topics that are covered for each level. You will also see the social activities that the students will get to enjoy as a group on certain days. This layout helps to ensure each group is getting what they need at an appropriate interval.

January 2023

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
DLS Explorer	DLS Explorer	DLS Explorer	DLS Explorer	DLS Explorer
DLS Innovator	DLS Innovator	Rec Explorer	Rec	DLS Trailblazer
DLS Trailblazer	Rec Innovator	Rec Innovator	Prevoc Explorer	Group Rec
Rec Innovator	Kitchen Explorer	Kitchen Explorer	Prevoc Innovator	Kitchen Trailblazer
Kitchen Explorer	Kitchen Innovator	Kitchen Innovator	Kitchen Trailblazer	
Kitchen Innovator	Prevoc Trailblazer	Prevoc Explorer		
Prevoc Explorer		Prevoc Innovator		

2	3	4	5	6
HAPPY NEW YEAR!	 Snowshoeing	Music Therapy 		 Snowshoeing
9	10	11	12	13
Music Therapy 		Group Art		Clay Throwing
16	17	18	19	20
	YMCA Swim 	Music Therapy 		YMCA Swim 
23	24	25	26	27
Music Therapy 			Coffee Shop 	Coffee Shop 
30	31			
Lunch at Oscar's				

DLS (Explorer)	Kitchen (Explorer)	Kitchen (I + T)	Prevoc (Explorer)
Time management, Activity Planning, Budgeting, Healthy life balance	Interests in food, Introduce tools/utensils	Interests in food, Discuss balance meal planning	Being prepared for work, Protocol for missing work
DLS (Innovator)	Rec (all)	Prevoc (Innovator)	
Using planners	NATURE: Poetry, Art/clay, Snowshoeing	Typing/Volunteering	
DLS (Trailblazer)	Laundry	Prevoc (Trailblazer)	
Using social media	Per request/Pre-determined with family	DVR/Donations	

Adulting (Rationale, Definitions, Stress - o- meter, Journal)

Rationale

Our lives are very busy today. As we get older, begin our careers, and eventually have a family, our lives will get even busier. To maintain a healthy mind and body, it is important to learn to balance the various segments in our lives – mainly our family, friends, career, and leisure time.

Today's lesson will cover some ways we can learn to recognize balance and imbalance as well as learn a few basic techniques in ways to achieve and maintain a balanced and less stressful life.

Definitions

Burnout: A state of physical, emotional and mental exhaustion typically caused by prolonged periods of stress

Delegate: To send, appoint or authorize someone to act as a representative

Leisure: Free time to spend as you wish

Time Management: The act or process of planning and exercising conscious control over the amount of time spent on activities, especially to increase effectiveness, efficiency or productivity

Stress Test: <https://www.calmsage.com/stress-o-meter/>

Journaling

- Do you have balance in your life?

Student 1: Some ways yes and some ways no. I struggle with anxiety but I try to give time to my hobbies.

Student 2 : Kind of because events and stress can "pop up" at inappropriate times (when I am already busy or having fun)

Student 3: Of late no because I have been busy with work and my foot. I have time for leisure.

- What do you do to handle stress?

Student 1: Depends. In public I contain it, at home I go in my room and close the door.

Student 2: I shut down and will eventually snap.

Student 3: I cry, yell, scream, and cuss at people.