

Consumer Guidelines and Resources

These resources have been developed by other organizations and are free of charge or available at a very low cost. We have included a brief description to assist you in determining if the resource can be helpful to you. More specific information is available on each organization's respective websites.

APPLIED BEHAVIOR ANALYSIS AND AUTISM: AN INTRODUCTION

The purpose of this publication is to provide accurate and authoritative information to parents and professionals in the autism community about the scope and depth of ABA. In addition, this book provides an introduction to the science of ABA, many ABA techniques, professional development suggestions for behavior analysts and science-based resources.

There are many diverse ABA teaching techniques that may be implemented to systematically teach a learner new skills. (ABA is so much more than Discrete Trial Instruction!) In addition, there exist misconceptions and misinformation about the science of ABA and how the principles are used to improve behavior and individuals' quality of life. This resource is available for \$10.00 from Autism New Jersey. Please visit

visit
www.autismnj.org/Publications.aspx

ABCDario de ABA

DVD: ABC's of ABA in SPANISH. This two DVD set is a professional recording of

FEAT-Houston/TxABA's popular, 6-hour ABCs of ABA workshop IN SPANISH. The workshop was given in Houston by Dr. Carlos Aparicio of the University of Guadalajara in 2005 to a group of 40 parents in Houston, TX. The DVD's can be viewed on a computer or on a television. Unique features of the DVD include: files of the handouts in Spanish and in English that can be printed out from a computer; and stops at every slide allowing the user to go directly to any point of the workshop. This DVD is ideal for parent training of Spanish speaking families as well as teaching English speaking providers the ABA specific vocabulary in Spanish. Please contact www.feathouston.org to order your copy (it is free, but we are asking a suggested \$20 donation).

AUTISM AND FAITH: A JOURNEY INTO COMMUNITY

This unique guide is the product of two years of work by The Autism and Faith Task Force (a joint effort of The Elizabeth M. Boggs Center on Developmental Disabilities and Autism New Jersey (formerly COSAC)). It grew out of the efforts and concerns of families and congregations who were looking for ways to include children and adults with autism in faith communities. With articles by family members, theologians, pastors, rabbis, individuals with autism, and professionals, the booklet contains facts about autism, pastoral care, religious education, strategies for supporting families, tips for lay people, and a listing of religious and public resources. This resource is available for \$5.00 from Autism New Jersey. Please visit www.autismnj.org/Publications.aspx

AUTISM FOR PUBLIC SCHOOL ADMINISTRATORS: WHAT FAMILIES YOU NEED TO KNOW

Increasing numbers of students with autism being taught in public schools, but many school administrators have received little training on their complex and unique educational needs.

School administrators are uniquely positioned to support the development of strong, evidence-based programs for children with autism; in fact, there are virtually no examples of successful programs without administrative support. This booklet was written specifically for public school superintendents, principals, and directors of special services and focuses on the following areas: an overview of ASDs and how they may affect students; maximizing limited resources by identifying evidence-based practices; supporting staff of diagnosed students in all placements across campus; and providing an extensive list of resources across these topics. If you would like to order or download a free copy of this publication, please visit the Autism New Jersey website at: www.autismnj.org/Publications.aspx

AUTISM: START HERE, WHAT FAMILIES NEED TO KNOW

In response to the countless families who have wondered if their child had autism and have been overwhelmed with worry and the sea of information available today, Autism New Jersey updated its primer for families. Written in an easy-to-understand format, this publication provides accurate and comprehensive information on what families need to know: autism, effective treatment, service providers, navigating state services, and more. If you would like to order or download a free copy of this publication, please visit the Autism New Jersey website at: [www.autismnj.org/
Publications.aspx](http://www.autismnj.org/Publications.aspx)

SOME COMMON QUESTIONS ABOUT AUTISM

Parents and professionals can learn basic information about autism spectrum disorders from this brochure written in a FAQ format. Questions pertain to diagnostic criteria, associated features, prevalence, treatment, and the three diagnoses under the umbrella of ASDs. If you would like to order or download a free copy of this publication, please visit the Autism New Jersey website at: www.autismnj.org/Publications.aspx

Autism Special Interest Group (SIG) Consumer Guidelines

Consumer Guidelines for Identifying, Selecting, and Evaluating Behavior Analysts Working with Individuals with Autism Spectrum Disorders

The Autism Special Interest Group (SIG) of the Association for Behavior Analysis asserts that all children and adults with Autism and related disorders have the right to effective education and treatment based on the best available scientific evidence. Applied Behavior Analysis (ABA) has been scientifically demonstrated to be effective in teaching new skills to individuals with Autism and the use of ABA treatment methods provides the best opportunity for success, according to decades of published research. Furthermore, ABA treatment methods are effective because they are based on a careful analysis of each individual's behavior and rely on data to guide decision making.

The Autism SIG guidelines will be helpful for any consumer seeking to hire a behavior analyst. The Autism SIG recommends consumers determine that a potential provider of ABA services meets minimum qualification standards as a credentialed behavior analyst with specialized Autism training in behavior analysis. The Autism SIG offers additional considerations to help ensure that a provider's particular

competencies and services match the needs of both the individual with Autism and the consumer.

These minimum qualification standards and additional considerations are provided in "The Consumer Guidelines for Identifying, Selecting, and Evaluating Behavior Analysts Working with Individuals with Autism Spectrum Disorders." This resource was written by the Autism SIG to help consumers find ABA providers who can serve an individual with autism's particular needs. This document has been revised twice since its inception 10 years ago. The Guidelines are free of charge and can be found at www.abainternational.org/Special_Interests/AutGuidelines.pdf

Parent's Guide to Research

OAR's A Parent's Guide to Research

There exists a vast array of treatment options for children with Autism spectrum disorders. Moreover, there are many treatment options that claim they are clinically sound and provide immediate results. Due to these claims and the plethora of information available on the internet, it may be difficult to decipher which research studies are valid and which ones are bogus. The Organization for Autism Research (OAR) has created a guide for parents to learn how to better evaluate research studies.

This booklet includes a glossary of terms, an overview of scientific research, information on how to determine if a particular study may or may not be pertinent to a particular child, and questions to ask with respect to treatments, therapies, and other methodologies under

consideration. If you would like to download this guide from the OAR website, please visit: www.researchautism.org/resources/reading/index.asp

Basic Information about Autism Spectrum Disorders

Autism: Basic Information

After receiving a diagnosis of Autism, parents often seek information to better understand the implications of this disorder. Autism New Jersey (formerly COSAC) has published a booklet entitled Autism: Basic Information. This resource provides an overview of the syndrome of Autism and related pervasive developmental disorders, including diagnosis, assessment and a suggested reading list. It also includes the article "Road Less Traveled: Charting a Clear Course for Autism Treatment" which supports the reader in identifying effective treatment options for a child with Autism.

This booklet will be very useful for parents and professionals who are new to the diagnosis and looking for introductory information about Autism. If you would like to obtain a copy of this publication, please visit the Autism New Jersey website at: <http://www.autismnj.org/doc/BasicInfo.pdf>

An Educator's Guide to Autism

Learners with Autism have different educational needs than their typically developing peers. Sometimes educators may be challenged to meet the needs of their students with Autism and may be unsuccessful in their attempts to teach them new behaviors. Fortunately, there are techniques that help prepare educators to be successful at increasing

learners' motivation while decreasing their frustration. The Organization for Autism Research (OAR) offers its readers practical strategies in their booklet: *An Educator's Guide to Autism*.

This guide provides parents, teachers and education professionals with a six-step approach for teaching children with Autism in the general elementary classroom setting. The steps include: (1) educating yourself (2) reaching out to parents (3) preparing the classroom (4) educating peers and setting social goals (5) collaborating on the implementation of an educational program and (6) managing behavioral challenges. The discussion of each step includes practical tips navigating the challenges that may arise. Following these steps offers teachers the potential to create the most favorable educational environment for all learners in the classroom, including students with Autism.

If you would like to download this guide, please visit the OAR website at: www.researchautism.org/resources/reading/index.asp

Applied Behavior Analysis and Autism: An Introduction.

Individuals often associate Applied Behavior Analysis (ABA) as being synonymous with Discrete Trial Instruction (DTI). DTI is only one of the many techniques that falls under the umbrella of ABA. There are many diverse ABA teaching techniques that may be implemented to systematically teach a learner new skills. In addition, there exist misconceptions and misinformation about the science of ABA and how the principles are used to increase and decrease behavior. Autism New Jersey (formerly COSAC) has published a booklet entitled *Applied Behavior Analysis and Autism: An Introduction*.

The purpose of this publication is to provide accurate and authoritative information to parents and professionals in the Autism community about the scope and depth of ABA. In addition, this book provides an introduction to the science of ABA, many ABA techniques, professional development suggestions for behavior analysts and science-based resources. If you would like to obtain a copy of this publication, please visit Autism New Jersey's website at: <http://www.autismnj.org/photos/ABACover.jpg>

An Educator's Guide to Asperger's Disorder

People with Asperger's Disorder are often misunderstood. Although many individuals may be able to attend school with their typically developing peers, they often lack the appropriate social skills and awareness to interact with their classmates in a meaningful manner. They may face other obstacles in the learning environment that make it difficult for them to participate.

The Organization for Autism Research (OAR) offers its readers practical strategies in their booklet: *An Educator's Guide to Asperger's Disorder*.

This book provides guidelines for meeting the needs of the student with Asperger's Disorder in the classroom, from elementary to high school. Specifically, the Guidebook contains information on

Understanding common characteristics of Asperger's Disorder and how they may affect each child

Promoting positive social goals and educating peers in order to avoid bullying

Cooperating with the parents and student's IEP team

Implementing strategies to better facilitate learning in the student with Asperger's Disorder

If you would like to download this guide, please visit the OAR website at: www.researchautism.org/resources/reading/index.asp

A Guide for Transition to Adulthood

Life transitions are often associated with both excitement and concern. For most caregivers of children with ASDs, this period raises significant questions about the future. Adulthood represents increased levels of independence, choice, responsibility, and personal control. Learning about options can lead to a more successful transition to adulthood. The Organization for Autism Research (OAR) has published a booklet entitled: A Guide for Transition to Adulthood.

This guide, provides an overview of the Transition-to-Adulthood process, with an emphasis on:

The importance of early planning beginning no later than age 16 and, at times, as early as 14 years (or younger).

The importance of collaboration between the transitioning individual, their family and friends, interested community members, the schools' professional staff, and representatives from adult service systems in the transition to adulthood services.

The importance of community-based instruction in the development of life skills associated with a more independent adulthood.

The fact that individualized, effective transition planning is worth the time and effort it takes to lead to a fulfilling life

If you would like to download this guide from their website, please visit the OAR website at:

www.researchautism.org/resources/reading/index.asp

Kids' Booklet on Autism for Siblings and Peers

Siblings of children with autism spectrum disorders often have special relationships with their brother or sister. Although these siblings may face many challenges, their experiences with their brother or sister are unique due to their roles as advocate, role model or best friend. On occasion, siblings may experience a variety of emotional responses,

including frustration, anger, resentment, jealousy or embarrassment. This could in part be due to a lack of knowledge about Autism spectrum disorders. Siblings may feel guilty for possessing these emotions and may feel isolated. Autism New Jersey (formerly COSAC) has published a booklet entitled Kids Booklet on Autism for Siblings and Peers. This book is written for children to help them answer questions their friends might have and better understand the emotions that may emerge from having a brother or sister with AS. It also includes notes for parents and teachers. If you would like to order or download a free copy of this publication, please visit the Autism New Jersey website at: www.autismnj.org/Publications.aspx

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**Supported Employment & Supported Volunteerism
Training Manual
Working in the Community: A Guide for Employers of
Individuals with Autism Spectrum Disorders**

This manual is designed to enhance the experience of employees with autism by educating their employers and coworkers at their jobs. It introduces employers to the characteristics of Autism, outlines common practices used to facilitate learning for employees with Autism, and provides practical strategies to promote positive interactions between employees with Autism and their coworkers and employers. It is written in simplistic terms, perfect for employers unfamiliar with the field of developmental disabilities. The manual can be downloaded by going to Alpine Learning Group's website alpinelearninggroup.org/resources/default.asp or by contacting erichard@alpinelearninggroup.org

rethink autism presents: Autism Through the Eyes of One Family

This brief, 4-part series explores the early signs of autism through the journey of one mother who recognized these signs in one of her twin sons. After months of searching, this mother found a treatment based on applied behavior analysis that has given her family newfound hope. In the second part of this series, the comparison of the skills and behaviors of the twin with autism and his typically developing brother is very useful. Please visit <http://www.rethinkautism.com/aboutautism/autismawareness.aspx?idx=1>

rethink autism presents: Tip of the Week

Rethink Autism's Tip of the Week is a free, weekly e-newsletter containing excerpts of their Applied Behavior Analysis-based training videos and lessons that pertain to a particular topic of importance. Past

topics have addressed timely concerns such as helping a learner participate more fully in Halloween activities or preparing for winter, as well as specific skills ranging from foundational (Preparing for Fine Motor Skills) to complex (Advancing Conversation Skills). These video clips highlight the importance of detailed task analyses and thorough preparation for new events and activities. Such analysis and preparation often separates effective instruction efforts from those that yield poorer acquisition of skills. Although most of the video messages are brief in nature, these tips offer food for thought and instructional techniques relevant to both parents and professionals. For instance, the recent tip about preparing for winter may remind even the most seasoned clinician to assess the adequacy of indoor recreation skills and perhaps aim to address this repertoire more extensively if warranted.

Those new to autism may hear phrases such as “social skills” without really grasping what they entail and the improvement they can bring to a learner’s daily life. Seeing the target behaviors in action and the distinct steps involved in teaching their component skills may be of great benefit. The inclusion of topics that may not be readily thought of (such as Teaching to Wait Appropriately or Helping Your Child Stay Physically Fit) should help viewers to consider the many functional areas that can improve learners’ quality of life. To see the archive of Tip of the Week videos, please visit: www.rethinkautism.com/AboutAutism/WeeklyTip.aspx

By signing up for the Tip of the Week, you will receive these tips automatically. You will also receive invitations to Rethink Autism's Expert Access Webinar Series. In these free interactive sessions, noted experts in the fields of autism education and research share their advice and respond to participants’ questions in ways that are practical and easy to understand. Past webinars have included Managing Problem Behavior at Home with Dr. Bridget Taylor, and Dr. Peter Gerhardt on

Adolescents and Adults with Autism. To view full-length archives of the Expert Access Webinar Series, visit www.rethinkautism.com/Community/webinars/default.aspx

You can access these free resources by registering for the Tip of the Week in the bottom right corner of the homepage at www.rethinkautism.com