



IPAs+

Autism- training for inclusion

Module 4: Strategies to Design and Evaluate the Personal Development Plans



1. INTRODUCTION

This module aims to provide strategies to design and evaluate a Personal Development Plan for persons with autism.

There are no specific biological or psychological markers to diagnose autism. The diagnosis and the assessment should be made following a meticulous clinic and comprehensive process lead by multidisciplinary teams. Each person with autism is unique in his/her idiosyncrasies, strengths, needs and skills.

To define educational objectives for a person with autism is a difficult task and needs knowledge of innovative and evidence-based guidelines and specific strategies. Above all a personal developmental plan or an individual educational plan must be monitored and evaluated and cannot be made or implemented without the participation of the person herself and her/his family or carers.

2. OBJECTIVES

- To formulate educational objectives according to each individual education plan
- To follow guidelines to develop the plan
- To define types of support to implement the plan
- To dominate the processes of planning
- To monitor and to evaluate the goals and personal results
- To indicate innovative and evidence-based practices to intervene near the persons with autism and their families
- To be aware of the rights of persons with disability and in particular of the persons with autism
- To include principles of inclusion (social, educational and at labour market) in the Personal Development Plans
- To be aware of the changing roles played by family and/or carers through the life cycle of a person with autism
- To be aware of the empowerment of parents and/or carers as teachers and learners

3. COMPETENCES

- To design a Personal Developmental Plan taking in consideration the rights of the persons with autism.
- To design the Plan, defining adequate objectives, techniques and types of Support tailored to the needs of a particular person.
- To implement and evaluate the progress and final results with the collaboration of the whole professional team involved in the process of supporting the inclusion of the person in the community
- To intervene near the persons with autism and their families using innovative and evidence-based practice.
- To be able to monitor and evaluate the development and the on-going results of the Plan having realistic expectations

4. INDEX OF CONTENTS

Module 4: Strategies to design and evaluate the Personal Development Plans

1. Programming and formulation of educative objectives

- Knowledge of general guidelines and educational principles;
- Participation in general assessment protocol;
- Diagnosis and assessment protocol:
- Medical assessment
- Clinical behaviour
- Skills assessment for children and adolescents
- Language assessment
- Family functioning
- Functional behaviour
- Synthesis and formulation of educational objectives

2. Types of support

- The quality of life model
- Multimodal supports
- Supports within the health system

- Supports in the education system:
- Early Childhood – Early intervention
- Relationships
- Communication
- Social Skills
- Adolescence and adulthood
- Formal and informal social networks

3. Processes of Planning

- Formulation of the individual plan
- Formulation of educative objectives
- Planning
- Monitoring
- Evaluation
- Strategies to promote the participation of the individual and the family

4. Design and evaluation of goals and personal results

- Periodic monitoring of the support needs
- Validated evaluation methods

5. Good practices

- Evidence-based practice, interventions to support autistic persons
- Interventions involving families of autistic persons
- Interventions directed to families
- Module of intervention based on the family
- Promoting full inclusion of persons with autism in the Community Living

6. Rights, empowerment, monitoring of the rights of people with autism

- Social model of disability and inclusion
- Role of support services
- Charter of rights of people with autism
- UN Convention on the Rights of People with Disabilities
- Empowerment of autistic people and the need to support adequately decision-making
- Importance of awareness and understanding and fight stigmatisation

5. METHODOLOGY

Activity 1

Visualise the theoretical presentation of module 3.

Activity 2

(3 hours) 8th week

Seminar

- Attending a seminar.
- Overview of the objectives and contents of the module.
- Presentation of examples.
- Group work. Discussion.
- Conclusions.

Activity 3

(2 hours) 9th week

Practical exercise 1

- Presentation of a case study including its personal development plan.
- Read and analyse the given material.
- Ask 3 questions on the given material.

Activity 4

(2 hours) 9th week

Practical exercise 2

- Presentation of a case study.
- Multiple choice exercise for preparing a personal development plan.

Activity 5

(4 hours) 10th week

Practical exercise 3

- Presentation of a case study.
- Design a personal development plan for the presented case study.

Activity 6

(4 hours and 30 minutes) 10th week

Internship

- Observing good practices of personal development plans including interventions directed to families of persons with ASD and inclusion in community living.
- Send a small report (2 pages)

Activity 7

(1 hour) 11th week

Evaluation test.

- There will be a test composed of 40 questions related to the module in which you will have to choose the correct option among 4 possible answers.

Activity 8

(3 hours) 11th week

- Final seminar of the course.

6. EVALUATION

For the module to be considered approved it is necessary:

- Have attended the seminar - Activity 2.
- To complete Activity 3, 4 and 5.
- To report examples of good practices of personal development plans including interventions directed to families of persons with ASD and inclusion in community living.
- Respond well to no less than 75% of the evaluation test questions.

7. COMPLEMENTARY MATERIALS

The following materials will be provided for the realization of the module:

- Presentation on the contents of the module 4
- Program for the Activity 2
- Case study and personal development plan for Activity 3
- Case study and the multiple choice exercise for preparing a personal development plan for Activity 4
- Case study for the Activity 5
- Evaluation test of the module Activity 7
- Additional materials that you can consult related to the module

8. BIBLIOGRAPHY

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9. RESOURCES

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