



IPAs+

Autism- training for inclusion

MODULE 7- LEVEL I Self-assessment questionnaire



1. Currently, the professional profile of a person working with people with autism should cover the following aspects

- a) A good disposition and ability to coordinate with both the family and other professionals who are in contact with the person with ASD
- b) An updated knowledge about autism that has a solid scientific basis
- c) Be flexible before the changes and demands of each situation that you face
- d) All the above are correct

2. When we speak of an effective communication, we refer to:

- a) Be able to involve families, creating opportunities for them to explain their concerns and point of view and getting them to clearly understand ours.
- b) Be able to work together with a multidisciplinary team in which all professionals contribute information and participate in decision making
- c) To know thoroughly the person with autism with whom we work to favour and facilitate that he communicates with us and with the people around him
- d) All the above are correct

3. Empathy involves understanding the feelings, thoughts and experiences of others and is an essential characteristic of the professional who works in autism because:

- a) It allows you to observe and analyse the physical and / or emotional condition of the person to respond to their needs as soon as possible
- b) It helps him to understand the behaviour of the person with autism, avoiding judgments or erroneous attributions about his intentions ("he does this to make me angry")
- c) It allows you to understand why it is better to work from a positive approach based on strengths rather than emphasizing needs (why it is better to reinforce than correct a person)
- d) All the above are correct

4. Regarding training and knowledge:

- a) Although they should be based on scientific evidence and good practices, sometimes you have to be flexible and open minded to new therapies that may be innovative for a future
- b) The broader the training and the more updated the knowledge we have about autism, the better our professional performance will be
- c) They should not be shared with people who are not professionals or are strictly related to the world of autism to avoid professional intrusion
- d) They must be very specific and specialized, each professional must dedicate himself exclusively to his field and then coordinate with others

5. Point out the wrong option: some of the working conditions to which different professionals who work with people with autism and who can generate great work stress may be exposed are:

- a) Work with families: they must understand and support family members with a high level of stress
- b) The difficulties that people with autism have to communicate
- c) The own work activity that they perform: it demands a great emotional exhaustion (conflict management, frustration, control of one's own emotions, etc)
- d) That sometimes the objectives that are marked are not achieved

6. Some of the characteristic symptoms that can be observed in a worker with Burn-out syndrome are:

- a) Physical and emotional exhaustion that makes it difficult for the person to deal with stressful situations
- b) Lower job performance: the performance of tasks worsens
- c) Feelings of guilt due to these difficulties to manage oneself in the workplace
- d) All the above are correct

7. Which of the following options is not a protection factor that the worker can implement to avoid Burn-out syndrome are:

- a) Maintain good communication with colleagues, superiors and families in order to solve problems that arise, avoiding having to face them without help
- b) Acquire new skills and professional knowledge that will allow them to function in the workplace to avoid getting stuck in very tedious tasks or setting goals that are not within their reach
- c) Do not get nervous and understand that the priority is the welfare of the person with autism
- d) Maintain a good organization of your space, your schedule and your tasks to optimize time and effort in the workplace and avoid overloads

8. Ethics in the field of autism:

- a) It is basically the responsibility of the professional, who must put it into practice both in the area of intervention and in research
- b) It is not universal, since it depends on the cultural values of each country and personal of each individual and, therefore, is applied according to the context
- c) Includes personal, legal and social aspects that must be addressed from the family, professional and political level
- d) Does not directly affect the quality of life of people with autism, although indirectly

9. Which of the following statements is not true?

- a) In recent years there has been a change of social and political paradigm in the way of dealing with disability that has led us away from the Medical Model in favour of a more social model
- b) This paradigm has not been universally adopted, and in some countries the Medical Model still applies
- c) In this process, the United Nations Convention on the Rights of Persons with Disabilities (CRPD), which entered into force in 2008, was decisive
- d) The current, more social approach is based on, and seeks to guarantee, universal human rights

10. All the following statements are true; however, most are formulated from the point of view of the Medical Model. Which of them is closer to the approach of the Social Model?

- a) The person with autism must learn a series of social skills that allow them to adapt to the demands of social situations
- b) Students with autism have more difficulty following the academic curriculum
- c) The fact that some people with autism are very rigid, makes us have to anticipate all changes as much as possible
- d) Disruptive behaviour is a challenge for the professional, since he must find out why it takes place and how to make it decrease or disappear

11. All the following statements are true; however, most are formulated from the point of view of the Social Model. Which of them is closer to the approach of the Medical Model?

- a) Avoiding metaphors and double senses facilitates communication with people with autism
- b) The rigidity shown by some people with autism can be an advantage if we want them to acquire routines and autonomy in the performance of them
- c) Students with autism who have difficulty following the school curriculum need specific accommodations and supports in and out of school
- d) Developing empathy towards people with autism, learning to relate to them, is as important as offering support services and teaching adaptation strategies

12. The approach of the Social Model has been an advance with respect to the approach of the Medical Model because:

- a) It is more inclusive and seeks the participation and integration of all
- b) It considers that the responsibility to guarantee the rights of people with disabilities is of the whole society, not only of the entities and institutions related to said persons
- c) Emphasizes the potential of people with disabilities, offering a positive view of them
- d) All are correct

13. Which of the following options supposes the violation of some right when we work with people with autism?

- a) To avoid their tastes and interests when preparing their agenda, being practical and taking into account rather the resources that we have
- b) Avoid any trip, exit or novel activity so that they are not disrupted or disruptive behaviour
- c) Discuss with all professionals the associated health problems so they are aware of any problems that arise
- d) All of them violate some right

14. When we say that the Social Model is more inclusive, we mean:

- a) That it considers that people with disabilities can and should participate in the same activities as people without disabilities
- b) That access to these activities must be guaranteed by those people or entities that organize them, at least if they are public
- c) That promotes specific activities and services for each group with disabilities
- d) That includes a binding legal framework ratified by the EU

15. The ability to create individualized intervention plans adapted to each person, as well as the ability to cope with unforeseen events that may arise in different situations are crucial when working with people with autism. These capabilities require that the professional show, above all:

- a) Great creativity and flexibility
- b) A mastery of the different intervention techniques
- c) Good coordination with other professionals
- d) A specialized training in the field of autism

16. To which corresponds the following definition related to the Burnout: "they can distance themselves more and more emotionally and begin to feel indifferent about their work"

- a) Depersonalization
- b) Physical and emotional exhaustion
- c) Bad habits
- d) None of the above is correct

17. The rights-based approach proposes:

- a) That the people served are passive subjects
- b) Retake the medical model, which facilitates the intervention in each patient.
- c) Decrease the specialized intervention, making it familiar.
- d) None of the above is correct.

18. A professional who works with people with autism should:

- a) Have an updated knowledge about autism supported by scientific evidence and must know the new emerging and alternative therapies
- b) Avoid emotional involvement, which ends up generating burnout
- c) **Have flexibility and ability to solve problems**
- d) All of the above are correct

19. The following quality "Provide intervention strategies to specific situations by sharing them by your team", corresponds to:

- a) **Initiative**
- b) Flexibility
- c) Empathy
- d) None of the above is correct

20. It is defined as the ability to experience emotions (positive or negative) in a moderate and flexible way:

- a) Empathy
- b) **Emotional regulation**
- c) Emotional control
- d) None of the above is correct