

LB of Barnet/Resources for Autism- EH ASD Project. Case Study-March 2024

Case Study - W (5 years old)

The family were referred to the EH Resources for Autism Programme, because mum lacked knowledge and understanding of autism. She found it difficult to keep W safe at home as he has no awareness of danger and struggled to communicate with him effectively.

Support was carried out through regular planned and targeted sessions. Areas of support were identified via assessing W's needs during the assessment visit and a realistic number of targets were decided to work in line with mum's capacity.

We covered:

- School visit to observe W in the structured classroom environment, discuss W's needs with staff and identify successful strategies applied at school to mirror and develop at home accordingly for a consistent approach.
- Upskilling mum's knowledge and understanding of autism, behaviours and sensory needs by going through handouts and training slides and explaining how and why behaviours may present.
- Supporting W's communication and implementing visuals (the same type as at school) by creating a personalised visual timetable for W and one for each of his siblings, snack choice board, activity choice board and now/next board, and through modelling how to use them.
- Teaching mum about the power of positive language, praise and giving choice.
- Equipping mum with play skills to reduce W's screen time by showing different styles of play, including parallel play, attention autism and intensive interaction, and increase his stimulation at home and keep him motivated. Introduced fun ideas for games and activities which can promote play skills e.g. turn taking and creating fun shared family activities for mum to continue with.
- Creating a travel toolkit containing sensory toys, snacks and activities for when W is out in the community. High reward snacks and games as a proactive strategy to help redirect W's attention from potential triggers.
- Early in the support, a safeguarding concern was raised because W absconded from the home property through a window. We carried out a risk assessment in the home and supported mum to arrange for locks to be fitted on all high-risk windows and doors. Mum fitted alarms on the downstairs windows and we advised her to contact Barnet Outreach to assist her with the correct lock fittings, which she did.

Outcome:

Mum now feels she is able to support W with more confidence and spends more time being able to interact and play with him. She is able to keep him safe and is also aware of the dangers and risks when she is working and when she isn't able to give 100% of her time to him.