

Skills Living Web Copy

What is Skills® Living?

Skills® Living is the first-of-its-kind, completely comprehensive, web-based tool to teach essential life skills to adults and youth transitioning into adulthood who have autism spectrum disorder (ASD). Backed by over 40 years of scientific research and proven behavioral therapies, Skills® Living builds the foundation for transitioning youth and adults with autism to develop independent living skills and reach their full potential as fully functioning members of their adult communities.

The Skills® Living software solution facilitates every component of treatment for learners 14 years of age and older with ASD and includes a comprehensive assessment, curriculum, data collection mobile app, behavior intervention plan builder and customizable progress reporting feature.

The “Services Cliff”

50,000 individuals with autism are leaving high school each year and nearly 40% of these young adults will not receive the critical services that they did receive as children - such as speech therapy, mental health counseling and occupational therapy – leaving them critically underserved during a particularly vulnerable transitional period of life.*

In addition, the increased awareness of autism and expanded diagnostic criteria of recent years has led to an explosion of adults being diagnosed later in life. These adults are finding that there is little or no help available for those on the spectrum after childhood. The difficulty in obtaining services once an individual reaches adulthood is so severe that it is referred to in the autism community as “falling off the cliff.”

* National Autism Indicators Report: Transition into Young Adulthood - Drexel Autism Institute, 2015

The Skills® Living Solution

The first and only solution on the market to support adults and transitioning youth with autism, Skills® Living directly addresses the “services cliff” problem faced by young adults as they age out of support services for children, as well as providing much-needed assistance to the large number of newly-diagnosed adults as the awareness and adult diagnoses of ASD continues to develop.

Adult care providers, behavior service professionals, teachers, and parents can all use Skills® Living to develop and implement comprehensive treatment and training programs to help support youth and adult learners with autism in the transition to independent adulthood.

Skills® Living opens up a world of options for adults with autism to develop needed skills in essential functions such as:

- self-control and problem-solving
- effective communication
- planning activities
- being safe
- performing daily life skill tasks
- acquiring and maintaining employment and/or meaningful daily activities
- developing and maintaining relationships
- managing transportation
- accessing public services

Skills® Living Assessment and Curriculum

The tools in Skills® Living create a complete guideline for care providers and professionals to help learners develop the skills needed to thrive in all the important settings: at home, in school, in the community and on the job.

Skills® Living provides a comprehensive assessment and curriculum covering sixteen key areas of independent adult functioning. The program allows for a clinician, teacher or caregiver to administer the easy-to-use assessment, which then tailors the lesson plan for the particular learner's needs.

Once a learner is assessed in the Skills® Living program, the system will also automatically create easy-to-use reports and graphs to give a visual roadmap for where they are and where they need to go to achieve success in any desired goal area. As they progress through the program, these reports are automatically updated to show progress and mastery, allowing for easy reporting to the clinical team, caregivers and funding sources.

Curriculum Areas

Skills® Living addresses sixteen key areas spanning the entire range of functioning adulthood:

Cognition	Independent Living
Community Integration	Leisure
Employment	Mobility
Executive Functions	Personal Responsibility
Functional Communication	Relationship Skills
Grade-level Academics	Social Skills
Health & Safety	Technology
Housing	Vocational

Tooltip descriptions:

Cognition

The cognition curricula is built on higher level learning skills. This area focuses on abstract thoughts, basic desires, emotions, perspective taking of one's own thoughts and how to process and apply this information to everyday activities and environments.

Community Integration

Self-help and social skills are the foundation of an adult learner's ability to actively participate in their community. This curricula area focus on skills needed to appropriately respond to community rules and instructions, interact with familiar and non-familiar individuals, and engage in self-advocacy.

Employment

Providing adult learners with a set of transferable skills that can be utilized in a variety of employment sectors is indispensable. The employment curricula addresses the need for soft skill sets to provide the adult learner with the ability to acquire and maintain employment.

Executive Functions

Executive function skills are higher-level learning skills. These skills enable adult learners to engage in basic problem solving, flexibility, planning, and focus attention. The executive functions curricula teaches these dynamic skills to encourage independence in the adult learner.

Functional Communication

The functional communication curricula provides adult learners with the core language skills needed to communicate one's basic wants and needs. It also expands on these principal skills to teach advanced language skills in order to facilitate appropriate social interactions.

Grade-level Academics

Grade-level academics is the foundation of secondary and higher level education. This curricula area ensures that the adult learner has the prerequisite skills necessary to have continued academic success.

Health & Safety

Health and safety skills allow an adult learner to make healthy choices, maintain their health, and prevent disease. These skills are taught to the adult learner through comprehensive lessons and skills-focused instructions.

Housing

Living independently requires primary life skills. The housing curricula offers a practical resource with teaching points that may enable an adult learner to live successfully on their own.

Independent Living

In order to function independently, adult learners must have basic living skills. This curricula area provides adults with instruction in independent living skills so that the learner may be able to live more independently within their natural environments and communities.

Leisure

Leisure skills influence interests and hobbies that provide individuals with activities to engage in during moments of relaxation. Providing adult learners with age-appropriate leisure skills enables them to engage in socially appropriate activities and avoid problem behaviors.

Mobility

Teaching adult learners to independently travel and be mobile within their community is essential to everyday tasks. Providing adult learners with foundational skills in the area of basic mobility encourages independence, safety, and may also increase an adult learner's motivation to explore new settings.

Personal Responsibility

The personal responsibility area addresses an adult learner's ability to: answer personal information questions, actively participate in planning activities for their daily life, and engage in strategies for problem-solving and approaching new tasks.

Relationship Skills

The relationship skills curricula provides adult learners with skills that encourage positive social relationships and positive self-esteem.

Social Skills

Basic social skills are central to maintaining a quality of life. This curricula area addresses social skills deficits that prevent adult learners from engaging in positive interactions with others and their environment.

Technology

Technology is embedded in our everyday activities. Therefore, preparing adult learners to use basic technology facilitates independence and social skills that may be utilized in the home, educational, social, and work environments.

Vocational

Technical education may offer adult learners with opportunities to succeed in a specialized trade. Providing the skills necessary to successfully participate in vocational education is the primary focus of this curricula area.