

RECREATIONAL AND LEISURE SERVICES FOR ADULTS WITH ASD

Prepared for the Accessibility Advisory Committee

Agenda

- What is ASD?
- Discussion
- Available Services
- Recommendations
- Conclusion

Disclaimer

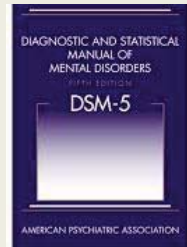
I am not a member of the neurodiverse community, nor am I on the spectrum.

What is ASD?

- “[A] wide range of behavioural challenges stemming from difficulty in verbalizing thoughts, managing anxiety, dealing with change, participating in group activities, disengaging from discussions on a specific topic – all leading to problems in coping with everyday activities” (Autism Ontario, 2007).
- “[P]ersistent deficits in social communication/interaction across contexts” (DSM-5, 2013).

The Importance of Using 'ASD'

- The American Psychiatric Association changed the definition of 'autism' to 'autism spectrum disorder' in 2013.
- The DSM-V definition encompasses research literature and clinical experience which transpired since the publication of the DSM-IV (1994).



Discussion - Raising Awareness

- Children with autism are bullied at a rate three times that of typically developing children" (Hoover and Kaufman qtg. Maiano et al., 2018).
- 50% of people with ASD also suffer from depression (Richa et al., 2014).
- Anxiety is one of the most prevalent comorbidities in children with ASD, with at least 40% of children with ASD meeting the criteria for at least one anxiety disorder (Wijnhoven, 2018).

Discussion

- More than 50,000 adults in Ontario have [ASD] (Autism Ontario, 2002).
- Availability of services depends on a family's financial circumstance, and their geographic location.
- Elevating the general understanding of neurotypical individuals, especially frontline and public sector workers

Discussion – Lack of Programming and Services

- 1 in 68 people are diagnosed with ASD* (Centre for Disease Control, 2014)
- "[T]his prevalence rate highlights the need to focus on efforts that promote quality of life [. . .] leisure, is important to achieving a high quality of life" (Garcia-Villamisar, Dattilo & Muela, 2017).
- "[A]dolescents low in in-person social interaction and high in social media use reported the highest levels of depressive symptoms, suggesting this group is the most in need of intervention" (Twenge et al., 2017).
- <http://journals.sagepub.com/doi/full/10.1177/2167702617723376>

AVAILABLE SERVICES

Autism Junction, ConnectAbility.ca, Personal Recommendations, Developmental Services Ontario

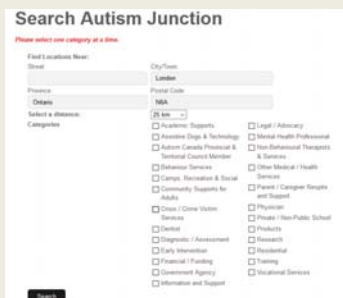
Autism Ontario: ConnectAbility.ca & mycommunityhub.ca

Partner Agencies

- Christian Horizons
- Community Living Toronto
- Corbrook
- Kerry's Place Autism Services
- Meta Centre
- Reena
- Vita Community Living Services
- Aptus
- Bob Rumball
- Holland Bloorview
- L'Arche Toronto
- Montage Support Services
- Geneva Centre for Autism
- KW Habilitation
- Community Living Essex County
- Springboard
- Partners for Planning
- Brantwood Community Services

Autism Junction

- No results for **'Crisis/Crime Victims Services'**
- No results for **'Community Supports for Adults'; 'Training'; or 'Vocational Services'**
- One result for **'Information and Support'** – the London Autistics Standing Together



Elsbeth Dodman



- LEADS
- Accommodation Training and Networking (ATN)
- Hutton House
- We Have Something to Say (WHSTS)
- Grassroots Initiatives

Developmental Services Ontario

- Alice Saddy Association
- Community Living London
- Anago
- Family Services Thames Valley
- Goodwill Industries
- L'Arche London
- Participation House
- Salvation Army
- Victorian Order of Nurses



“Acting my Way Through Autism” by Jake Anthony

- Struggled to communicate and connect with other people.
- Acting gave Anthony greater awareness of other people.
- Emphasis on the 'take-listen-react' of conversations.
- <https://vimeo.com/229801615>



RECOMMENDATIONS

ACCESS Program



Retrieved from:
<https://sites.google.com/a/ycdsb.ca/sbaspece/d/social-communication-program>

- “Acquiring Career, Coping Executive Control, Social Skills”
- 19 weekly discussion sessions on important topics
- Parallel programming for parents/ social coaches
- <https://scholarship.org/uc/item/54r9m1f0>

Make Public Spaces More Autism-Friendly

- Channel-Port aux Basques, Newfoundland
- Accommodations in hotels
- Training for frontline staff



Retrieved from <https://celebratecanada.wordpress.com/2009/05/22/day-233-of-a-365-day-portrait-of-canada-channel-port-aux-basques-newfoundland/>

CONCLUSION

Public Consultation Meeting, Closing Remarks

Inside Out for Autism



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