



Guidelines

This program is taught using an artificially created environment. A problem is created to teach the adult with autism to ask for help. For example, if there is no water flowing from the tap in the bathroom, the adult can be motivated to ask for help. It is extremely important that the caregiver should be present in the vicinity to ensure that help is given when asked for.

There are a few important criteria to keep in mind for successful implementation for this programme.

- The adult must be encouraged to open the door of the bathroom and shout loudly for help.
- Many people with autism do not use speech to the full potential/ nonverbal/ use single words only/ speak very softly and therefore shouting loudly for help may not be feasible.
- It is useful to install a switch button – “Help” switch in the bathroom.
- The switch must have a label below it and colour coded in a bright colour.
- Artificial situations of need must be created by turning off the water supply or making sure the soap dispenser is not available.
- The caregiver can encourage the adult to press the “help switch” and call for help.
- This is particularly useful in case of a real life situation and the adult is not fully clothed. The adult can protect his privacy by ringing the bell.
- Alternatively, the adult must also be taught to bang on the door of the washroom loudly and to call for help.
- These kind of situations need to be created several times for the adults to become comfortable and ask for help when required in a real life situation.