



Special points of interest:

Preparing for Summer
Pgs. 1-5

Autism Community
Pgs. 6-9

Five Tips for Summer
Pgs. 10-11

Therapeutic Riding
Pgs. 12-13

Also In this issue:

Summer Camp Options **5, 13, & 14**

Book suggestions **15**

Visuals **16**

Autism Consultant Contact Information **16**

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Autism Agenda



Linn Benton Lincoln ESD-Cascade Regional Autism Program

Preparing Children with Autism for Summer

Most of us dream of the last day of school (teachers, in particular). We get to take part in all sorts of fantastic things in the summer, like sleeping in, writing, playing games, going on vacation, and stalking our friends on Facebook at three A.M.

As much as most of us are looking forward to (or already enjoy) a summer of freedom, there are some, particularly children, who will struggle with this new found freedom. They're the same children who struggle with changes during the holiday season, and changes in the school day when schedules get switched around for assemblies.

Children with Autistic Spectrum Disorders struggle with changes, particularly in their daily schedules. We've discussed how [children with Autism need extra support during the holiday season](#). Now we're going to discuss how we can support them throughout the summer.

Why Is the Summer Hard?

While Christmas can be difficult for children with Autism, summer can be even harder. Instead of finding things to do for two weeks, our kiddos have ten or more weeks to fill. For other children, these ten weeks can be filled with magic days playing outside or visiting neighbor children or taking vacations. Not so for children with Autism.



Let's use an example, Joseph. During the school year, Joseph wakes up at 6:45 every morning. He goes downstairs and eats a bowl of cereal. School starts at 7:45. Joseph's second grade class has Math, Writing, and Reading before lunch, which comes precisely at 11:30. Then comes recess, followed by reading, and science. Library is on Tuesdays, and P.E. is on Mondays, Wednesdays, and Fridays. After school, Joseph goes to therapy on Tuesdays and Thursdays. When he gets home, he spends some time unwinding before he does homework at 5, then they eat dinner at 6. Reading comes before bedtime, which is at 8:30.

Continued on page 2.



During summer, this doesn't happen.

The National Autistic Society's article, "[Change: preparing a person with Autism](#)" says, "A person with an ASD [[Autistic Spectrum Disorder](#)] thrives on being in a familiar environment with routine and structure." So while children with Autism may not enjoy every minute of the school day, they take comfort in the structure. They feel safe when they know what to expect and when and where's it's going to happen. When you take away that environment and predictability, they feel lost. The seemingly silly tantrums children with Autism often throw are often actually their struggle to cope with the changes they see as unsafe.

This begs the question, "How do we help our children with ASDs not only to make the transition, but enjoy summer?". While the concept might seem hard, it can be done.

Talk about the change ahead of time.

It's important to prepare children with Autism for changes before they happen when possible. By talking about it enough, children have the time to make the change in their heads. Their plans will eventually hinge on the new event itself as it has become part of the plan. But that doesn't happen immediately.

The May Institute's article, "[Helping your child with autism adjust to and enjoy the summer season!](#)" says, "Summer can also mean changes in a child's daytime schedule. If your child attends a school that has a different summer schedule, it's important to make sure that he or she is aware of the changes that will occur." Talk to your child. While he may not be receptive to the changes at first, telling him multiple times will help him slowly adjust, even if he doesn't show it.

Helping Your Child Create Summer Structure of His Own

One of the most important ways to begin helping him to adjust to the new summer schedule is to create a structure of your own. While this structure will sometimes fall off track (They all do at times, even in school.), it's important to have parts of life he can count on. Here are a few simple parts of life you can structure:

- Time to get out of bed.
- Breakfast
- Time outside
- Lunch
- * Reading Time
- * Video Game/ Computer/ DS Time
- * Dinner
- * Bedtime

While these may seem like a lot of ideas, many of them are really not very time consuming. They also leave you with schedule times to get things done like yard work or laundry or reading to yourself. Depending on the age of your child, you might need to help him with some things, while you can leave him alone with others.

May Institute also suggests creating a graphic board. I did this for a child at school last year, and it's not very hard. Here's an example of what Joseph's morning picture schedule might look like.

Continued on page 3.

PREPARING FOR SUMMER CONTINUED.....

At first glance, it might seem a bit controlling. What many people don't know, however, is how secure structure can make a child with an ASD feel. While many children know they'll get dressed sometime in the morning, Joseph will probably want to see it on his sheet because it means it's really going to happen.

A Few Productive Structural Ideas

1. Pursuing Favorite Interests

Summer can be a fantastic chance for children with Autism to learn on their own timeline. Kiddos with Autism often have obsessions; they do what we call perseveration. The [Glossary of Terms](#) from Autism Speaks defines perseveration as, "repeating or "getting stuck" carrying out a behavior." This can also include interests, hobbies, or thoughts, which end up as the obsessions we often see in children with Autism. And while these obsessions can be a bit distracting at school, they're often great topics to study when children are out of school.

For example, Joseph might be obsessed with sharks. While his teacher probably doesn't want to discuss sharks while she's trying to teach the class about the Revolutionary War, Joseph can study sharks as much as he wants during the summer. He can borrow books from the library, watch documentaries, and learn his little heart out. It'll keep him reading, and he'll be learning the whole time.

2. Assign Practice Homework







Children will usually moan and groan when given work over the summer, but a little bit is good for them. It will keep their brains active, and they'll be more ready to learn when they begin the next school year. Because children with Autism often have learning disabilities, studying over the summer can help them stay closer to their target reading or math levels, and it's one more productive daily event that can go on their schedules.

Note: I'll be including some summer learning resources in my [Weekly Newsletter](#) this Friday for all my subscribers.

3. Get them out of the house.

Children with Autism are often quite happy to be by themselves or with the people they trust...and no one else. While other children are likely to go out and play with neighbors and friends during the summer, children with Autism often need to be put in environments with others before they'll interact if they're not comfortable. In Elizabeth I Field's article, "[Autism Fieldwork](#)," she suggests summer camps or school summer programs. (There are quite a few summer programs specifically designed for children with Autism, such as [Camp WANNAGOAGAIN](#) (a longer camp), or [Kidstar Summer Day Camp](#) in Utah.

Joseph's Day

| | | |
|---------------------------|---|-----------|
| Time to get out of bed |  | 7:30 A.M. |
| Breakfast |  | 7:45 A.M. |
| Get Dressed and Ready |  | 8:00 A.M. |
| Play Outside |  | 8:30 |
| Math and writing practice |  | 10:30 |
| Lunch |  | 11:30 |

Continued on page 4.

PREPARING FOR SUMMER CONTINUED.....

A closer-to-home option would be to spend time together out of the house, but around town. Here are some ideas:

- The local library
- Purchasing a seasonal pass to a favorite place, such as a zoo.
- The dollar theater
- A bookstore
- Local museums
- A local pool or community center

It will all depend on your child. No one knows your child as well as you do, For some, the local pool might be too stimulating. Others might be afraid of animals. It's important to find something that stretches your child's comfort boundaries while giving him something to enjoy.

4. Physical Activity

Autism.com's article, "[Advice for Parents](#)," says that many children with Autism have low muscle tone, and that it can also limit their gross and fine motor skills. It's particularly important for children with Autism to get exercise during the summer since they're not participating in P.E. Instead of making simply doing boring calisthenics, however, there are lots of fun alternative to get kids moving on their own.

If your child struggles with playing outside (severe fears of bugs or dirt can make being outside an uncomfortable experience), there are indoor options such as the Wii or the Xbox Kinect. [Zumba Kids](#) has great videos on Youtube that the students at my school love.

Physical activity can also be another chance to get your child some social exposure in a controlled environment. Local community centers often offer dance classes, basketball teams, and karate classes for children. While your child might not be thrilled at the idea of going (he might throw a fit, actually), being in a class with an instructor and instructions will probably be much more beneficial to him than if you simply threw him in with a bunch of other children and no structured setting.

5. Vacation

Ah, the inevitable summer vacation. In all fairness, Mom and Dad probably need this vacation like no one's business, as can the child's siblings. Don't be hurt, however, if your child pitches a fit when you tell him you're interrupting his routines to take him somewhere he's never been. In his eyes, you might be ripping away nearly all that makes him feel safe.

It really is good, however, for children with Autism to experience some changes. No matter how much we want to shield our children, life just comes with changes, and we might as well help them experiences changes in the best ways possible while they're young and learning. Here are three steps to planning a vacation that you and your child can enjoy:

Continued on page 5.



PREPARING FOR SUMMER CONTINUED.....

A. Tell your child ahead of time. – While planning a trip for a child with Autism, it's important to tell him ahead of time. Even if you're going somewhere he loves, surprising him probably isn't a good idea. Just as he adjusted to a new summer schedule because you made the change part of his schedule, he'll need time to adjust to the idea of going somewhere new.

B. Research places that your child might enjoy – While I'm a Disney fanatic, there are many people (including those without Autism) who find large theme parks to be overwhelming. As children with Autism often struggle with [sensory processing](#) problems, theme parks may not be the best places to go. Or perhaps your child hates to get dirty. The beach may not be the best place to expose him to sand. If you're looking for places that can accommodate special needs, here's a list of [32 Vacation Destinations for Individuals with Special Needs](#), some of which include Autism.

C. Include your children in vacation planning. If your child with Autism loves animals, try to plan a visit to the zoo, etc. This gives them time to mentally prepare and gives them something to look forward to, especially if they're struggling with the idea of leaving on a vacation. Our example child, Joseph, loves sharks, as we mentioned earlier, so his parents might include an aquarium or two in their list of vacation destinations.

Will We Survive the Summer?

At some point, you will have to interrupt routines and change plans. If you can, the most important thing you can do is notify the child ahead of time. In the event you can't, try to talk on a regular basis with your child about how surprises sometimes happen in life. Children with Autism can find this transition to summer difficult, but with trial and error, with discussion and planning, with living one day at a time, you can begin to find that happy middle ground.

Do you have any tips to share about planning a summer for a child with Autism? Please post your questions and comments in the Comment Box Below. We'd love to hear what you have to say! Also, don't forget that I'll be sharing more links than usual this week in my [newsletter](#) to help with planning a summer for children with Autism. As always, thanks for reading!

Article Written By: Brittany Fichter

<http://brittanyfichterwrites.com/preparing-children-with-autism-for-summer/>



SUMMER CAMP OPTION

Hand in Hand Farm
<http://www.handinhandfarm.org/>

35105 Ede Road, Lebanon, OR 97355



Hand In Hand Farm's mission is to help rebuild individuals, children, and families using agricultural adventures and caring mentors.

Hand In Hand Farm can help create direction for individuals, children, and families that are struggling with everyday life. We have been able to help many people that felt like they had nowhere left to turn and had all but given up hope. Call us at 541-451-1243 to arrange for a personal tour to find out more about what we do, how we help, and what you can do to help!

\$12 Million Community Planned For Young Adults With Autism

by Sabriya Rice, The Dallas Morning News/TNS | January 17, 2017

DALLAS — A Texas couple is planning to construct a \$12 million community for people with autism on nearly 29 acres of land that was formerly a polo ranch in the Denton County town of Cross Roads.

It will include 15 homes, a community center and access to a 'transitional academy' that is designed to help young adults with autism develop the skills needed to live and work independently.

Clay Heighten, a retired emergency doctor and founder of a real estate management company, and his wife Debra Caudy, a retired medical oncologist, are leading the project.

The inspiration is their 19-year old son, Jon, who is on the severe end of the autism spectrum and requires a high level of supportive care.

Both worry that people like Jon have little options as adults. "It's about offering a choice," explained Heighten.

"We're trying to create something that would provide an enriched quality of life, so that people like Jon eventually require less supervision," he said.

In October 2015, the couple invested \$745,000 to purchase the land, and last year created a nonprofit called 29 Acres to raise money for the project.

They have had \$1 million committed, predominantly from a handful of other North Texas families who also have children with autism. The hope is to break ground on construction by the fall.

Aging with autism

Though early in its development, the project is already catching the attention of local and national autism experts, who say there is demand for innovative models to help transition children with autism into adulthood.

Dr. Patricia Evans, a pediatric neurologist and neurodevelopment specialist at the Children's Health Center for Autism and Developmental Disabilities in Dallas, and others say that as research and supportive services have proliferated for children, not enough emphasis has been put on the "oncoming onslaught of adults", especially those on the severe end of the spectrum, who are going to need help.

About 50,000 students with autism exit high school each year in the U.S. and an estimated half million will enter adulthood over the next decade, according to a 2015 report from the A.J. Drexel Autism Institute in Philadelphia.

The lifetime cost of supporting an individual with autism is \$2.4 million if the person has intellectual disability, and at least 40 percent do, according to a 2014 study in JAMA Pediatrics. Health care economists estimate the yearly cost of autism in the United States is \$236 billion.



Continued on page 7.

AUTISM COMMUNITY PLANNED CONTINUED....

The CADD center at Children's Health recently formed a multi-disciplinary clinic to transition young adults from pediatric clinicians to adult-based primary, mental health and other specialists. The growing demographic has led to focus on needs beyond medical expenditures.

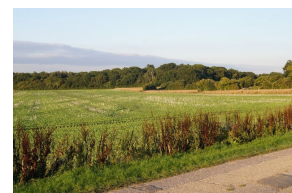
Residential care, supportive living accommodations and productivity loss account for some of the highest costs. "The employment and housing situation for people with autism lags way behind," said Michael Bernick, a fellow with The Milken Institute, an economic think tank.

About 87 percent of young adults with autism live with a parent at some point after high school, compared to about 21 percent of all young adults. Compared to young adults with other types of disabilities, fewer on the autism spectrum have a paying job between high school and their early 20s.

Bernick anticipates more attention in coming years as people with autism seek to integrate into mainstream life. "Separate communities can play a role, especially for the more severely impacted," he said. "There is no dearth of adults on the spectrum who would be interested."

A passion project

The founders of 29 Acres hope the community, situated on a plot of land just south of U.S. Highway 380 in Cross Roads, will fill in some of the gaps.



The initial design includes space for a 7,100-square-foot community center, and 15 homes of around 3,000 square feet that can be divided into duplexes or quads and house 56 people.

Four homes will be built during phase one, and the first set of residents could move in by 2018.

When complete, the complex will employ about 200 full- and part-time staff, including security guards, administration and one-on-one specialists who are experienced in living with and caring for people with developmental challenges.

The town of Cross Roads is on the cusp of a suburban transformation and that was part of the appeal for Heighten and Caudy.

They wanted a location where the autism community could feel safe but also have access to the surrounding community and not feel isolated.

There are plans to build a bus stop near the property and make ride-sharing services like Uber and Lyft available so that residents can get to work, grocery shop and feel a part of the community.

A key feature of 29 Acres will be a transition program that could cost upwards of \$50,000 per student. The hope is that scholarships will offset much of the cost. The academy is designed with the support of Jeff Ross, founder and director of a similar transition to independent living institutes in Arizona and California. This will be the third project he's assisted in building.

"To me, that's the way you advance best practices — by collaborating with people who are already using a curriculum with a proven track record," Caudy said. "That way we can pool our resources and increase the cohort to make better determinations on outcomes."

Continued on page 8.

AUTISM COMMUNITY PLANNED CONTINUED...

In fact, identifying best practices was a key priority of the Autism Cares Act, signed into law in 2014. It called for proposals on programs that would help transition young adults with autism from existing school-based services to adult services.

The local academy aims to work with nearby academic institutions to employ graduate students and fellows to participate in research that improves outcomes for young adults with autism.

Finally, the property may bring on businesses like Smile Biscotti, a bakery founded in Arizona in 2013 by a young adult with autism.

Jon Heighen has been baking, packaging and selling it from home after his parents launched Smile Biscotti DFW in November.



Need for options

While promising, experts note that when it comes to autism there is no one-size-fits-all approach.

The range of what is considered success for someone with autism is just as diverse as the condition's wide-ranging spectrum. Trying to live alone or hold down a job may not be the best option for everyone.

"Just because they can live alone, doesn't mean it's a good thing," Evans said.

Depression and isolation are common issues for people with autism. Over one-quarter of adolescents on the spectrum also tend to wander, or impulsively leave a supervised situation, increasing the risk of getting lost.

Residents at 29 Acres will be screened to evaluate their level of need. They will be involved in the design of their own program and be able to make determinations about where they see themselves down the road.

Not everyone will be a good candidate for an independent-living program, but they will still be able to live on the property, with professional support for their unique needs.

Jon Heighen, for example, will never be able to live completely on his own, his mom explained. One can get a sense of the challenge some families face when they have children with autism while watching Jon go about his day.

He doesn't speak much, but sometimes repeats back what is said to him. "Happy birthday!" he excitedly responded to those wishing him well during his party in December.

He's thrilled about tackling projects and smiles brightly when someone praises his good work. It's not uncommon for him to stand and suddenly leave a room, wandering off with no clear destination.

Not surprisingly, parents are often the first to come up with creative solutions to manage. Evans is aware of other families who have children with autism in North Texas who have collectively purchased homes together. They share the space, like a co-op, working together to support one another.

Continued on page 9.

AUTISM COMMUNITY PLANNED CONTINUED....

There are many recent efforts to assist people with autism in finding work, according to Bernick. They include targeted hiring by large employers, the launch of autism-focused small businesses and internet-based creative programs.

“But we need a wider range of options,” he said, noting that he too became involved in the autism community when his son was diagnosed in 1991. “All of us parents have the concern,” he said.

Jon Heighten turned 19 last month, but his parents got the idea to start 29 Acres when he was in his early teens. That’s when they began to look for housing and employment options diverse enough to meet his needs if they were no longer alive to take care of him.

“We couldn’t find anything. So we just decided to do it ourselves,” said Caudy, who is 59. “We want to do it not just for him, but for many of the others out there like him. The need is enormous.”

<https://www.disabilityscoop.com/2017/01/17/12-million-community-adults-autism/23191/>

SYNC AUDIOBOOKS

SYNC Audiobooks

SYNC is a free summer audiobook program for teens 13+. Returning April 27, 2017 SYNC will give away two complete audiobook downloads a week - pairs of high interest titles, based on weekly themes. In 2016, 30 titles were given away over 15 weeks.

SYNC is dedicated to introducing the listening experience to the teen audience and demonstrates that Required Reading can be completed by listening.

SYNC is sponsored by [AudioFile Magazine](#) and titles are delivered through the [OverDrive app](#). Download the app in advance to whichever device you anticipate listening on and be ready to go!

Simply sign-up to get notifications of when the FREE audiobook downloads are available. You can receive alerts by text message, email newsletter, or by visiting www.audiobooksync.com. Titles change every Thursday at 7am ET when the program is running.

Highlights from participating in SYNC:

- 2 Free Audiobook downloads a week
- Themed Audiobook pairs
- Summer Literacy
- Tools for outreach by Librarians, Educators, and Bloggers

<http://www.audiobooksync.com/2017-sync-titles/>



FIVE WAYS TO COPE WITH SUMMER

Five ways to help your child with autism cope with summer's relaxed schedule

By [Mari-Jane Williams](#) July 7, 2014

Summer is lots of fun, sure. But all that free time can be challenging for kids with autism. (Matt McClain/The Washington Post)



Summer. Those precious sun-soaked, school-free weeks are, to most kids, a nectar. And let's face it: We parents don't mind the lighter load that comes with no homework or after-school activities. But that same relaxed schedule can be a challenge for children with autism and their parents.

Those kids often rely on—and thrive in—the structured environment that the school year provides. At least five days a week, they know exactly what is going to happen, and when, for the most part. That helps them make sense of a world that can be overwhelming with its constant barrage of sounds, smells and transitions.

"If you think about what autism is, there are two main areas of difficulty," said Lauren Kenworthy, the director of the Center for Autism Spectrum Disorders at Children's National Medical Center in the District. "One is around social interactions, and the other is around a strong need for repetition and stability and sameness. They tend to get a lot of that from school, where they have the same schedule each day." I recently spoke with Kenworthy by phone and she offered ways for parents to help their child with autism learn to cope better when things are more fluid or don't go as expected. Here are her suggestions:

- Use a calendar to label "typical" summer days, weekends, vacations and holidays. Then create a "typical day" schedule that follows the school schedule as much as possible in terms of lunch time and breaks. It can be very specific if you like, or it can be more vague. Think about the things that will happen every day, Kenworthy said, from brushing teeth to reading for a half an hour, and include those in the schedule to give your child a cue of how to move through the day. Make it very visual so your child can refer to it to get an idea of what is coming up.
- Talk to your child about having a Plan A, but also a Plan B in case things don't work out. For example, if you're planning to go to the pool, tell him that if a storm comes up or the pool is closed, you might do something else, and that is your Plan B. Help your child learn to make contingency plans by talking to him when you have to adjust your own plans. By teaching him that it's not the end of the world when plans change, you can help him learn how to regulate himself before he has a meltdown. "Tell them how you manage unexpected things, how you cope with it when you feel disregulated," Kenworthy said. "Talk out loud, and say 'This isn't what I expected, I'm feeling very upset, I think I need a Plan B.' Kids can really engage with that process, with parents asking for help with their problems. Then the next time you say we need a Plan B, that really means something to the child."

Continued on page 11.

FIVE WAYS TO COPE WITH SUMMER CONTINUED...

- Avoid developing bad habits. It can be tough to stick to a schedule during the summer, when you just want to relax and let go a little bit, but the more you can keep to a routine for meals and sleep, and continue to limit screen time, the more well-regulated your child is likely to be, Kenworthy said. You know what causes your child to feel overloaded. For some kids, it's a messy house. For others, it's certain kinds of noise. And for still others it can be an unexpected deviation from plans. Maintaining a routine and upholding normal house rules, even in the summer, can help prevent her from reaching her breaking point.
- **Recognize the warnings.** It's important to know the signs that your child is getting overloaded and remove him from challenging situations before a meltdown if possible, Kenworthy said. "Catch them at the rumble, not the rage stage," she said. "Ask yourself what are the warning signs and know what you can help them with. And it sounds strange, but we say don't just do something, stand there. Sometimes the best thing you can do is step back and watch your kid, instead of talking a lot, because that's not going to help."
- Keep things positive, always. With any child, it's more effective to reward good behavior than to punish bad behavior. Kenworthy said parents should try to praise their child four times for every one time they correct something. That can be challenging when your child is really pushing your buttons, but Kenworthy suggests using a pen to mark praises on one of your hands and corrections on the other so you can keep track of how often you're doing each. You can make that praise concrete by using stickers and a reward chart. Give him a star every time he is flexible or completes a task in a timely manner or manages a transition well. Once he gets a certain number of stickers, he earns a treat such as special one-on-one time to play a game with a parent, or choosing the family's dessert.



LBLED AUTISM WEBSITE

Looking for help, suggestions or ideas to help your child with autism? We have lots of resources, links and helps available for you on our website.

Our Autism Website is located at: <https://www.lbled.k12.or.us/cascade-regional-program/autism-program/>

THERAPEUTIC RIDING

Therapeutic Riding: Hippotherapy The Benefits & Where to Ride



It seems everything our kids do is considered "therapy." They can't just play with toys without someone calling it occupational therapy. The same can be said of horseback riding - though of course it's not without benefits.

Therapeutic riding, or hippotherapy, helps with trunk control, balance, and much more. See what one riding center says about the benefits:

- **Physical:** The horse stimulates the rider's pelvis and trunk in a manner which closely resembles the normal gait of a human. This movement can be used to produce specific physical changes in the rider including increased muscle tone, postural stability, and improvement in balance and strength.
- **Sensory:** Therapeutic Riding can address a variety of sensory integration issues. A smooth-gaited horse with a consistent pace provides establishment of rhythm. A faster paced horse provides increased stimulation to proprioceptive and vestibular receptors in the body, assisting with overall organization.
- **Cognitive:** Improves listening skills, hand-eye coordination, decision-making, motor planning, multi-tasking, and following directions.

Please go to the following webpage for a list of therapeutic riding centers in Oregon and SW Washington: <http://files.constantcontact.com/45c8c7f7001/9bb76440-ab54-4aed-885d-6eb12951e4be.pdf>

By : Susan Cushman scushman@ucpaorwa.org 503-467-0332

How Your Autistic Child Can Benefit from Equine Therapy

For thousands of years the bond between man and animal has proven to be effective in creating an emotional, healing bond. Horses are used by physical, speech, and occupational therapists to reach their patients on a personal level through what is referred to as "hippotherapy." Children with autism also [benefit from equine therapy](#) due to the motor, emotional, and sensory sensations that come with riding a horse.

Creating the Emotional Bond

Autistic children have difficulty bonding emotionally to others. As the parent of an autistic child, you know that it is hard for your child to make eye contact, communicate what he is feeling, and express himself to those he cares about. Rather than verbal communication, autistic children experience physical communication with the horses. They brush them, hug them, and pat them. By learning to care for the horse, they associate the care they provide with feelings and an emotional bridge is constructed. This bond can lead to social and communication skill production with other people in his life as well.

Continued on page 13.

TALKING SENSE CONTINUED...

Cognitive and Language Skills Development

Autistic children often have difficulty comprehending normal directions. By engaging in equine therapy, your child follows directions through a fun activity that makes taking direction easier to grasp and remember. He will also give the horse direction, which provides him with more opportunities to communicate. Your child is naturally motivated to move; thus, he is excited and motivated to communicate. During his therapy his cognitive concepts will naturally improve. For example, equine therapists have children throw colored balls into baskets while riding, touch their eyes, mouth, and ears during a song, and identify scenes—all incorporated during riding.

Sensory Benefits

Balance and spatial orientation are experienced through the vestibular sense organs. These are located inside the inner ear and are stimulated through direction change, incline, and speed. Riding a horse helps liven these sensory preceptors, which helps make therapy exciting and motivates your child to continue to be engaged.

For more information go to: <http://www.myasdf.org/site/media-center/articles/how-your-autistic-child-can-benefit-from-equine-therapy/>

LOCAL THERAPEUTIC EQUESTRIAN OPTION



Bright Horizons
Therapeutic Riding Center

Our Mission:

Bright Horizons Therapeutic Riding Center exists to improve the physical and emotional wellbeing of individuals and their families through therapeutic equestrian activities built on professionalism and trust with a focus on community education, communication and teamwork.

We are a Professional Association of Therapeutic Horsemanship International (PATH) member facility with an active [Board of Directors](#), [staff](#) and many dedicated volunteers.

In March 2017, Bright Horizons became a Premier Accredited Center with PATH Intl.

Who We Serve:

Bright Horizons serves a broad range of enthusiastic and hardworking riders. Although the majority of our programs are designed for riders with special needs, we also offer classes for able-bodied, independent and advanced riders.

Our Location: "The Barn" at Walker Farms 1925 Logsden Rd Siletz, OR 97380

Contact us: Executive Director, Amy Cline Phone: 541-961-4156 contact@brighthorizonsriding.org

The Duck Pond

Social Skills Camp

The UO School-Age Speech and Language Clinic will host a 2-week social skills camp for middle school students who struggle with social communication skills.

Who: Students Entering
6th – 9th Grade

When: Week 1: July 31–
Aug. 4th
Week 2: Aug. 7th–
Aug. 11th

Time: 10am–12:30pm

Where: UO HEDCO
Clinic & Campus

Cost: \$375 (Sliding Scale
and/or Scholarships Available)

Questions/Register:
Email Frank Bender at:
fbender@uoregon.edu

Week 1 Themes

- * Building & Sustaining Peer Relationships
- * Personal Hygiene/Self Care
- * Conversational Skills
- * Working in a Group

Week 2 Themes

- * Managing Conflict
- * Social Media
- * Social Adaptability & Flexibility

Activities

- * Small/Whole Group Teaching
- * Social Activities
- * Role Plays
- * On Campus Practice (e.g., Café & Museums)



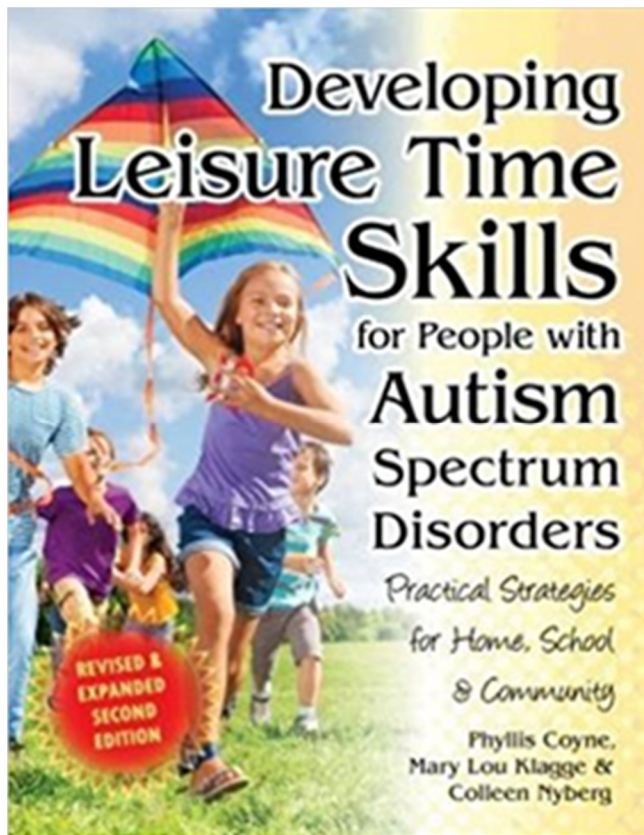
UNIVERSITY OF
OREGON

College of Education

The Child with Autism at Home and In the Community

by Kathy Labosh and LaNita Miller

In this amazingly helpful guide for family members, friends, and professionals, author and mom Kathy Labosh and special-educator LaNita Miller take on the issues and obstacles that parents and educators face every day. Hundreds of easy-to-read bullet points provide tips that readers can put into action immediately. First they cleverly tackle home life, from breakfast to bedtime, and then they take readers on a trip through the community, offering essential do's and don'ts for going to restaurants, church, the doctor's office, the grocery store, family gatherings, and more! With Kathy and LaNita's insight and advice, you can be better prepared for the unique challenges autism throws your way, especially when your child is home this summer.



Developing Leisure Time Skills for People with Autism Spectrum Disorders: Practical Strategies for Home, School and Community

by Colleen Nyberg, Mary Lou Klagge and Phyllis Coyne

This book provides comprehensive, structured strategies introducing meaningful leisure time to ASD children and adults, which they can practice at home, school, and in the community. This book has a wealth of ASD information, including forms and charts that will help to assess sensory needs, select age-appropriate activities and assist in determining the level of interest in specific activities. 48 "Activity Cards" for going to the park, playing games, and many more contexts are included.

If you are the parent of a child with ASD who requires your constant presence and you find even attending to your personal needs (like taking a shower) difficult, you will value the time when your child learns to enjoy activities to entertain himself safely with minimal supervision. This is a resource to be used again and again.

It has practical and comprehensive information to increase the quality of life for people with autism and their families by guiding them to find personally meaningful and satisfying leisure pursuits.



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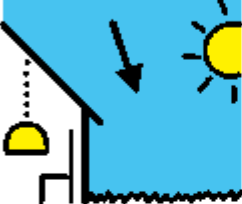



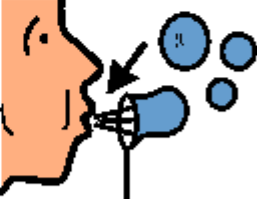

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VISUALS

| | | | |
|--|---|---|---|
| pool  | pool toys  | beach  | beach towel  |
| park  | campground  | outside  | bike  |
| sports  | chalk  | sports  | blow bubbles  |
| jump rope  | garden  | yard  | yard work  |