

Introduction to Autism

Course Description

Introduction to Autism is a one-hour, on-demand course that builds foundational knowledge of autism and proactive support strategies. Participants will learn to recognize the characteristics, strengths, and challenges of autistic individuals in their care. Additionally, participants will develop empathy and identify interventions for support.

TRAINING COMPONENT	LEARNING INTENT AND OBJECTIVES
Introduction to Autism	Identify what it means to have autism and describe the need for the training.
Lesson 1: Understanding Autism	Recognize the characteristics of autism.
Lesson 2: Autistic Individuals—Strengths and Challenges	Understand the strengths and challenges of autistic individuals.
Lesson 3: Building Empathy	Build empathy for the challenges that autistic individuals face.
Lesson 4: Supporting Autistic Individuals	Identify and apply proactive strategies for supporting autistic individuals.
Lesson 5: The Occurrence of Multiple Conditions	Recognize common co-conditions with autism.
Lesson 6: Supporting Individuals With Multiple Conditions	Identify and apply proactive strategies for supporting individuals with autism and a co-condition.
Conclusion: Taking It Back to the Workplace	Evaluate strategies and create an action plan to proactively support autistic individuals.
TOTAL RUN TIME: 1 hour	

Note: Training times are only an estimate. Exact training times may be increased or decreased depending on the length of time allotted for your professional development day and the needs and/or advance preparation of your staff members.