

Instructional Resources

for

Autism Spectrum Disorders

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For SPE 796

December, 2008



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Overview of Autism Spectrum Disorders

Notbohm, E. (2005). *Ten Things Every Child With Autism Wishes You Knew*.
Arlington, TX: Future Horizons, Inc.

This book defines the top ten characteristics that illuminate the minds and hearts of children with autism. It is an excellent resource for parents, teachers, or anyone new to the disability.

Notbohm, E. (2006). *Ten Things Your Student With Autism Wishes You Knew*.
Arlington, TX: Future Horizons, Inc

This book compliments Ellen's first book. It helps the reader understand the thinking patterns that guide the students actions, shape an environment conducive to their learning style, and communicate with them in meaningful ways. A must-have for teachers!

Kutscher, M. L. (2005). *Kids in the Syndrome Mix of ADHD, LD, Asperger's, Tourette's
Bipolar and More!* Philadelphia: Jessica Kingsley Publishers.

This is a concise, scientifically up-to-date, all-in-one guide to the whole range of often co-existing neuro-behavioral disorders in children. It includes information on causes, symptoms, interactions with other conditions and treatment options. It is most helpful to school psychologists and special education teachers.

Ernsperger, L. & Wendel, D. (2007). *Girls Under the Umbrella of Autism Spectrum
Disorders*. Shawnee Mission, KS: Autism Asperger Publishing Company.

The authors provide insightful first-hand accounts of girls' lives along with research-based strategies and practical techniques for addressing the unique needs of girls on the spectrum. This resource is particularly helpful for those supporting girls on the spectrum.

Kurtz, L. (2008). *Understanding Controversial Therapies for Children with Autism,
Attention Deficit Disorder & Other Learning Disabilities*. Philadelphia: Jessica
Kingsley Publishers.

Offering a balanced overview of complimentary and alternative therapies, this book is a useful guide for parents and teachers of children with autism, ADD or other learning disabilities. The book covers a wide variety of mind-body interventions and manipulative techniques, as well as energy therapies, biologically-based methods and alternative medical systems.

Early Identification and Intervention

Ball, J. (2008). *Early Intervention & Autism*. Arlington, TX: Future Horizons, Inc.
When your child or student has just been diagnosed with autism, questions and concerns immediately flood your mind. This book can answer those questions and provide guidance in selecting appropriate treatment options. This book is particularly helpful to parents and teachers of young, newly diagnosed children.

Bolick, T. (2004). *Asperger Syndrome and Young Children: Building Skills for the Real
World*. Gloucester, MA: Fair Winds Press.

The book offers a framework for understanding the strengths and challenges, passions and peeves of these youngsters. Parents and teacher of young children will find the framework useful in making sense of behavior and in providing strategies that are helpful.

Asperger Syndrome

Attwood, T. (2007). *The Complete Guide to Asperger's Syndrome*. Philadelphia: Jessica Kingsley Publishers.

Written by the leading international expert on Asperger Syndrome, this book is an easy-to-read and non-technical resource that reviews the characteristics of AS and offers comprehensive strategies and treatment options. Numerous first person accounts are also included giving the reader insight into the AS mind. It is particularly useful for teachers, caregivers and anyone supporting an individual with Asperger Syndrome.

Grandin, T. & Attwood, T. (2006). *Asperger's and Girls*. Arlington, TX: Future Horizons, Inc.

World-renowned experts join those with Asperger's Syndrome to resolve issues that girls and women face every day. An excellent resource for anyone supporting a female with AS.

Jackson, L. (2002). *Freaks, Geeks & Asperger Syndrome: A User Guide to Adolescence*. Philadelphia: Jessica Kingsley Publishers.

Drawing from his own experience as an individual with AS, Mr. Jackson addresses difficult topics such as bullying, friendships, when and how to tell others about your AS, school problems, dating, relationships and morality from his personal perspective. This is a very enlightening book for any reader wanting to know more about what it is like to live with AS.

Hudson, J. & Smith Myles, B. (2007). *Starting Points: The Basics of Understanding and Supporting Children and Youth with Asperger Syndrome*. Shawnee Mission, KS: Autism Asperger Publishing Company.

As a parent or a teacher new to Asperger Syndrome, this resource is a must-have. After providing an overview of AS, it describes easily implemented supports for young people with AS.

Assessment

Gilliam, J. E. (2006). *Gilliam Autism Rating Scale – Second Ed.* Austin TX: pro-ed. This is an easy-to-use assessment tool that can be used by schools as part of the process for identifying students with autism. Instructional objectives that correlate to the assessment are also included.

Smith Myles, B., Jones Bock, S. & Simpson, R. L. (2001). *Asperger Syndrome Diagnostic Scale*. Austin TX: pro-ed.

This is an easy-to-use assessment tool that can be used by schools as part of the process for identifying students with Asperger Syndrome.

Aspy, R. & Grossman, B. (2007). *The Ziggurat Model*. Shawnee Mission, KS: Autism Asperger Publishing Company.

The resource provides a framework for designing comprehensive interventions for individuals with high-functioning autism and Asperger Syndrome. This is a very helpful resource for school personnel who design educational programming for students with ASD.

Henry, S. & Smith Myles, B. (2007). *The Comprehensive Autism Planning System (CAPS) for Individuals with Asperger Syndrome, Autism, and Related Disabilities: Integrating Best Practices Throughout the Student's Day*. Shawnee Mission, KS: Autism Asperger Publishing Company.

This is one of the first publications to provide a framework for organizing information in a thoughtful manner to more effectively educate and support individuals across the autism spectrum by addressing all aspects of their program. This is a particularly helpful resource for teachers and therapists.

First Person Perspectives

Grandin, T. (1986). *Emergence: Labeled Autistic, A True Story*. Novato, CA: Warner Books.

This is one of the first books that gave readers a glimpse into the world of a woman on the autism spectrum. Dr. Grandin tells the story of her emergence from a fear-gripped, autistic childhood to become a successful professional. This is one of the most highly recommended resources to anyone who wishes to understand the world of a person with ASD.

Grandin, T. (1995). *Thinking in Pictures: My Life with Autism*. New York: Random House.

In her second book, Dr. Grandin delivers a report from the world of autism. Writing from the dual perspectives of a scientist and an autistic person, she tells us how she experiences the world and manages to function in the “normal” world. Nothing gives the reader, whether teacher or parent, a better insight into the autistic world.

Grandin, T. (2008). *The Way I See It: A personal Look at Autism & Asperger’s*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Dr. Grandin is back! In this innovative book, she gets down to the REAL issues of autism, the ones parents, teachers, and individuals on the spectrum face every day. She offers do’s and don’ts, practical strategies, and try-it-now tips, all based on her inside perspective and a great deal of research.

Tammet, D. (2006). *Born on a Blue Day*. New York: Free Press.

This books takes the reader inside the extraordinary mind of an autistic savant.

Resources for Educators

Savner, J. L. & Smith Myler, B. (2000). *Making Visual Supports Work in the Home and Community: Strategies for Individuals with Autism and Asperger Syndrome*.

Shawnee Mission, KS: Autism Asperger Publishing Company.

This resource is full of practical ideas for daily living, including the school environment, for supporting individuals on the autism spectrum. A must-have for teachers and parents. Accompanying video available too.

Henry, K. (2005). *How Do I Teach This Kid?* Arlington, TX: Future Horizons, Inc.

This resource focuses on developing work tasks for beginning learners with ASD, taking advantage of their strong visual skills. This is an essential resource for teachers with young children or lower functioning older students with autism.

Eckenrode, L., Fennell, P.& Hearsey, K. (2003). *Tasks Galore*. Raleigh, NC: Tasks Galore.

This resource offers creative ideas for teachers, therapists, and parents working with children with ASD. It provides full-color pictures of a wide variety of tasks to teach necessary skills in the school environment. It is the most useful for teachers of young or lower functioning students.

Fein, D. & Dunn, M A. (2007). *Autism in Your Classroom*. Bethesda, MD: Woodbine House.

General education teachers can turn to this book for the practical information and guidance they need to teach and support their students with ASD.

Kluth, P. (2003). *“You’re Going to Love This Kid!”* Baltimore: Paul H. Brookes Publishing Co.

This book, written by and for teachers, offers a practical guide to understanding students with autism and including them fully in the classroom.

Kluth, P. & Chandler-Olcott, K. (2008). *“A Land We Can Share”* Baltimore: Paul H. Brookes Publishing Co.

Written by leading educators in the field of autism, this book takes a fresh look at what literacy is and explains innovative ways of teaching literacy to students on the autism spectrum. It is an extremely helpful tool for teachers who are struggling with teaching reading to students with ASD.

Kluth, P. & Schwarz, P. (2008). *“Just Give Him the Whale”* Baltimore: Paul H. Brookes Publishing Co.

When learners with autism have deep, consuming fascinations, teachers often wonder what to do. This concise, highly practical guidebook gives educators across grade levels a powerful new way to think about student “obsessions” as possible teaching tools.

Addressing Challenging Behaviors and Teaching Social Skills

Smith Myles, B. & Southwick, J. (2005). *Asperger Syndrome and Difficult Moments* Shawnee Mission, KS: Autism Asperger Publishing Company.

This is an essential resource for all educators and parents that explains the rage cycle and offers practical solutions for tantrums, rage, and meltdowns. Accompanying DVD also available.

Baker, J. (2008). *No More Meltdown*. Arlington, TX: Future Horizons, Inc.

Dr. Baker offers parents and teachers strategies for preventing and managing meltdowns. His 20+ years of experience working with children on the autism spectrum, combined with his personal experiences of raising his own children have yielded time-tested strategies and results.

Smith Myles, B., Trantman, M. L. & Schelvan, R. L. (2004). *The Hidden Curriculum*. Shawnee Mission, KS: Autism Asperger Publishing Company.

We are surrounded on a daily basis by unstated rules and customs that make the world a confusing place for people with ASD. This book offers practical suggestions and advice for how a teacher, parent or other professional can teach these social cues. A must-have in every classroom! DVD also available.

Dunn Buron, K. & Curtis, M. (2003). *The Incredible 5-Point Scale*. Shawnee Mission, KS: Autism Asperger Publishing Company.

The Incredible 5-Point Scale is an amazing strategy to help children with autism understand and control their emotional responses. Instructional DVD available too.

Dunn Buron, K. (2007). *A 5 Is Against the Law! Social Boundaries: Straight up!*
Shawnee Mission, KS: Autism Asperger Publishing Company.

Ms. Dunn Buron takes her 5-point scale to another level, helping those with high functioning autism and Asperger Syndrome understand social conventions and avoid getting into trouble with the law. This is a very effective teaching tool for teachers with adolescents on the spectrum.

Baker, J. (2001). *The Social Skills Picture Book*. Arlington, TX: Future Horizons, Inc.
A dynamic teaching tool for children with autism and Asperger Syndrome, this book offers pictures of the right and wrong ways to handle nearly 30 social skills such as conversation, play, emotions, management and empathy. Perfect for teachers, parents, or individuals on the spectrum. Accompanying CD also available.

Baker, J. (2006). *The Social Skills Picture Book for High School and Beyond*.
Arlington, TX: Future Horizons, Inc.

Following in the footsteps of his first picture book, Dr. Baker designs a book that is perfect for the older student or young adult who need help with social skills or understanding the challenges of going out into the “real” world.

Bellini, S. (2006). *Building Social Relationships*. Shawnee Mission, KS: Autism
Asperger Publishing Company.

The book offers a systematic approach to teaching social interaction skills to children and adolescents with ASD and other social difficulties. Extremely useful to the classroom teacher who wishes to implement a social skills training program.

Borba, M. (2005). *Nobody Likes Me, Everybody Hates Me*. San Francisco:
Jossey-Bass.

For teachers or parents, this resource will help solve the top 25 friendship problems children face.

Lavoie, R. (2005). *It's So Much Work to Be Your Friend*. New York: Simon &
Schuster.

Although written for students with learning and behavioral challenges, the author provides incredible insight into the minds of students who suffer social challenges and offers practical advice and teaching strategies to strengthen these skills. DVD also available.

Language and Communication

Frost, L. & Bondy, A. “*An Introduction to PECS – The Picture Exchange
Communication System*. Newark, DE: Pyramid Educational Products, Inc.

This DVD provides an overview of the potential benefits of using PECS. It portrays examples of each training phase within PECS in school, home and community settings with a variety of communicative partners. PECS has proven to be an extremely beneficial communication system for students of all ages with ASD with limited verbal communication skills.

Hamersky, J. (1995). *Cartoon Cut-ups – Teaching Figurative Language & Humor*.
Eau Claire, WI: Thinking Publications.

After defining the elements of linguistic humor, the author provides units on a variety of figurative language elements along with black line masters to use directly with students. A fun way to teach abstract and figurative language to students with ASD!

Welton, J. & Telford, J. (2004). *What did you say? What do you mean?* Philadelphia: Jessica Kingsley Publishers.

Expressions that don't literally mean what they say can be confusing at first, but can be fun to use when they become familiar. This book introduces 100 common sayings and explains what people really mean when they use them. An excellent resource for teachers, parents and individuals with ASD.

Snodgrass, C.S. (2004). *Super Silly Sayings that are Over Your Head*. Higganum, CT: Starfish Press.

This children's book uses a set of colorful illustrations to demonstrate both literal and figurative translation of common idioms children may encounter in every day interactions. An excellent resource for teachers, parents and children individuals with ASD.

Sensory Integration

Clark Brack, J. (2006). *Sensory Processing Disorder: Simulations and Solutions for Parents, Teachers and Therapists*. Shawnee Mission, KS: Autism Asperger Publishing Company.

This practical DVD presents basic information about sensory systems along with simple solutions for how to deal with sensory challenges both at home and at school. Viewers will experience what it feels like to have a sensory processing disorder by engaging in simulated exercises for a variety of sensory processing difficulties. Kits available with simulation materials.

Smith Myles, B., Tapscott Cook, K., Miller, N.E., Rinner, L., & Robbins, L.A. *Asperger Syndrome and Sensory Issues*. Shawnee Mission, KS: Autism Asperger Publishing Company.

This book uncovers the puzzling behaviors of children and youth with Asperger Syndrome that have a sensory base and therefore, difficult to pinpoint and interpret. Informal checklists are offered along with a host of possible strategies to meet sensory needs. Appropriate of teachers, parents and therapists.

Koomar, J., Kranowitz, C. & Szklut, S. (2000). *Answers to Questions Teachers Ask About Sensory Integration*. Los Vegas: Sensory Resources, LLC.

Authored by leading Occupational Therapists in the field, this resource provides practical advice for teachers and parents on how sensory processing disorder affects children's ability to learn and how to help children become part of a healthy, happy learning environment.

Kerstein, L. (2008). *My Sensory Book: Working Together to Explore Sensory Issues and the Big Feelings They Can Cause: A Workbook for Parents, Professionals and Children*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Children with ASD who struggle with sensory integration issues have limited, sometimes even no, ability to do anything else. This interactive workbook enables children to develop their own individualized sensory profile through a series of activities and provides strategies that will help them cope more effectively with the world around them. This is a very practical and useful tool for home and school.

Transition to Adult Life

Burke, J., Charron, C. & Steinkamp, B. (2007). *The Planner Guide: An Organizational and Reference System for People with Social and Cognitive Challenges*.

Willianston, MI: The Planner LLC.

This three-ring binder/planner is a comprehensive reference guide for adolescents and young adult as they begin to transition into the adult world. It consists of flow charts and informational materials that can be individualized to each student and address a multitude of issues such as problem solving, communication, relationships, community access, emergencies, work and school. Each skill is taught using visuals and Boardmaker (Mayer-Johnson) icons. All areas can be individualized to meet the unique needs of each student. No student with ASD should leave school without this valuable resource!

Baker, J. (2005). *Preparing for Life: The Complete Guide for Transitioning to Adulthood for those with Autism and Asperger's Syndrome*. Arlington, TX: Future Horizons, Inc.

This easy-to-follow resource provides a complete toolbox of social skills and the means to attain them so that students may approach their futures with excitement rather than anxiety. All high school teachers who are responsible for transition planning need this teaching tool.

Teaching Toileting Skills

Coucouvannis, J. (2008). *The Potty Journey*. Shawnee Mission, KS: Autism Asperger Publishing Company.

This resource is a guide to toilet training children with special needs, including autism and related disorders. It is very helpful to teachers and caregivers.

Wheeler, M. (2004). *Toilet Training for Individuals with Autism & Related Disorders*. Arlington, TX: Future Horizons, Inc.

Individuals with autism have been reported by researchers as being the most difficult population to toilet train. This book offers effective strategies for teaching toileting skills including overcoming the fear of the bathroom or sitting on the toilet, preventing repeated flushing, avoiding negative reactions to taking away diapers, properly using the toilet and washing hands after. Very helpful to parents and teachers.

Resources for Children

Elder, J. (2007). *Autistic Planet*. Philadelphia: Jessica Kingsley Publishers.

This books takes the reader to a magical world where all trains run exactly to time, where people working in offices have rocking chairs and where kids dream of winning the Chess World Cup. This is an excellent tool to use in the classroom to introduce the world of autism.

Hoopmann, K. (2006). *all cats have asperger syndrome*. Philadelphia: Jessica Kingsley Publishers.

Touching, humorous and insightful, this book evokes the joys and challenges of raising a child who is different.

Larson, E. M. (2006). *I Am Utterly Unique*. Shawnee Mission, KS: Autism Asperger Publishing Company.

From A – Z, discover the unique characteristics and abilities of children with Asperger Syndrome and high functioning autism. Suitable for reading to an elementary classroom.

Larson, E. M. (2007). *The Kaleidoscope Kid*. Shawnee Mission, KS: Autism Asperger Publishing Company

This children's book focuses on the strengths of children with autism and Asperger Syndrome. Suitable for reading to an elementary classroom.

Larson, E. M. *The Chameleon Kid*. Shawnee Mission, KS: Autism Asperger Publishing Company.

In this storybook for children, the Chameleon Kid shows young readers how to pay attention to the signs that Meltdown is coming and to take action to prevent it from becoming a full-blown tantrum or meltdown. This is an excellent resource to read together with a child in a one on one setting.

Snodgrass, C. (2008). *What's That Look on Your Face?* Shawnee Mission, KS: Autism Asperger Publishing Company.

Recognizing and interpreting facial expressions and the feelings they represent poses challenges for most children with language and communication difficulties. The author has created an imaginative and creative book that uses multiple avenues to present the meaning of twelve basic emotions.

Renna, D. M. (2007). *Meghan's World*. Speonk, NY: Indigo Impressions.

This children's book is written in simple enough language for children to understand but gives parents and teachers important information as well. Children with sensory processing disorders can easily relate to it and caregivers and teachers can gain valuable insight as to what it might feel like to have a sensory processing disorder.

Edwards, A. (2001). *Taking Autism to School*. Plainview, NY: JayJo Books.

This children's book explores what it might be like to have autism and the kinds of school supports that might be helpful. Reading this book to the class is an excellent way to prepare them for a classmate that has ASD.

Dunn Buron, K. (2006). *When My Worries Get Too Big?* Shawnee Mission, KS: Autism Asperger Publishing Company.

This child-friendly how-to manual teaches relaxation techniques to children with ASD and incorporates the use of the Incredible 5-Point Scale.

Hoopmann, K. (2001). *Of Mice and Aliens: An Asperger Adventure*. Philadelphia: Jessica Kingsley Publishers.

A work of fiction, the main character has Asperger Syndrome and is able to use these special talents to solve a mystery. Other titles also available.

Resources for Parents

Lentz, K. (2004). *Hopes and Dreams*. Shawnee Mission, KS: Autism Asperger Publishing Company.

This resource empowers parents and their children by guiding them to prepare for the IEP process in a systematic and thoughtful way. An interactive CD is included.

Cardon, T. A. (2008). *Top Ten Tips*. Shawnee Mission, KS: Autism Asperger Publishing Company.

Written specifically for families, this book is a survival guide for families with children on the autism spectrum.

Helpful Websites (for Teachers)

www.Autism4teachers.com: Orange County Public Schools – provides social stories, TEACCH ideas, structure and visual schedules.

<http://cindyautisticsupport.com/>: A classroom website from the Pittsburgh Public Schools – contains helpful examples of a variety of scheduled, free downloads, and links to other educational resources.

<http://inaginesymbols.com/info.htm>: Picture symbols to download, free.

<http://tinsnips.org/>: Many downloads including ready to use task organizers, conversation boards, behavioral scripts, schedule and choice symbols as well as description of teaching strategies.

<http://dotolearn.com/>: A wealth of teaching suggestions and materials to download for special educators.

<http://filefolderheaven.com/>: Amazing site with file folder activities that are free to print and use.

Helpful Websites (for Students)

<http://www.factmonster.com/>: Appropriate for kids ages 6-14. Topics include the world, US, people, sports, science, math, money and specific subject information. Also has curriculum games and quizzes, atlas, dictionary, almanac, encyclopedia, and timelines. Full of activities, information and a homework center.

<http://friv.com/>: Free, interactive games to play online.

<http://gamequarium.com/>: Online reading activities with music and games to play.

<http://pandora.com/>: Free online radio that you can control.

<http://www.voki.com/>: Move beyond photos and text. This allows users to represent themselves with lifelike avatars.

<http://www.bbc.co.uk/schools/laac/menu.shtml>: The Little Animals Activity Center.

<http://kneebouncers.com/>: This site is full of games for very young children or children with development delays. Lots of fun musical activities. All games and activities can be set to be switch accessed.

<http://www.starfall.com/>: ABC's, Learn to Read, Reading and Writing downloads. Designed for lower elementary but appropriate for learners with cognitive delays.

<http://www.srotylineonline.net/>: Books read online by actors. Wonderful site which includes activities and downloadable activity guides.

Publishing Companies

Autism Asperger Publishing Company
P.O. Box 23173
Shawnee Mission, KS 66283
877-277-8254
www.asperger.net

Future Horizons
721 W. Abram Street
Arlington, TX 76013
1-800-489-0727
www.FutureHorizons-autism.com

Brookes Publishing Co.
P.O. Box 10624
Baltimore, MD 21285
1-800-638-3775
www.brookespublishing.com

Jessica Kingsley Publishers
400 Market Street, Suite 400
Philadelphia, PA 19106
1-866-416-1078
www.jkp.com

LinguiSystems
3100 4th Avenue
East Moline, IL 61244
800-776-4332
linguisystems.com

Publications

Autism Advocate
Published by the Autism Society of America
7910 Woodmont Avenue, Suite 300
Bethesda, MD 20814
1-800-3AUTISM

Autism Asperger's Digest
Published by Future Horizons
721 W. Abram Street
Arlington, TX 76013
800-489-0727

Autism Spectrum Quarterly
Published by Starfish Specialty Press
P.O. Box 799
Higganum, CT 06441
877-STARFISH