



Life Skills Group:

for adolescents with Autism Spectrum Disorder

What is it?

We are looking for adolescents diagnosed with autism who want to increase their independence and success in life skills including simple meal preparation, anger/stress management, chores, interpersonal skills, goal setting and planning/organizational skills. Group outings will take place during some sessions.

Who will benefit?

- Adolescents ages 13-18
- Diagnosis of autism spectrum disorder
- Verbal with fluent speech
- Not physically aggressive
- Have transportation available

What are the funding options?

How much does it cost?

- Private insurance that covers:
 - o Applied Behavior Analysis (ABA) services for individuals with ASD
 - o Occupational Therapy (OT)
- Self-pay
- Scholarship (for those who qualify)

Schedule (8 week semester):

- Initial Consult with parent & child (Required for all new clients): Scheduled individually
- One evening a week: Tuesdays, 5:30-7 pm
 - o Spring and Fall sessions are 12 weeks
 - o Summer sessions are 8 weeks

Potential Session Topics Include:

- Home care/chores (vacuuming)
- Planning/long-term goals
- Simple meal preparation/grocery shopping
- Money management
- Employment
- Hygiene
- Sexuality
- Technology use
- Social/conversational skills

Who do I contact for more information? **Monica Mann** at (573) 884-4660



Thompson Center
For Autism & Neurodevelopmental Disorders
University of Missouri