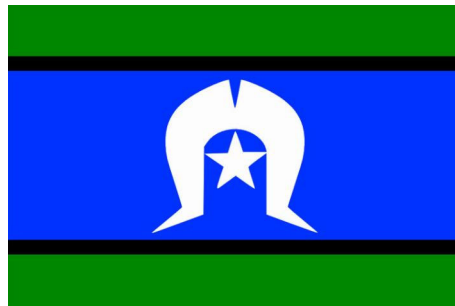


Exploring Self Care and Independence



Acknowledgement of Country



First Nations people are advised that this presentation may contain images or voices of people who are no longer with us.



Introductions



Session Intentions

Explore concepts of self care and independence

Consider our own perspectives and expectations about self care and independence

Consider the autistic person's understanding, experiences and preferences about self care and independence.



Share some practical strategies and resources in supporting young autistic people on with their self care and independence



What does self care look like?



Health and Hygiene



Physical & Emotional Wellbeing



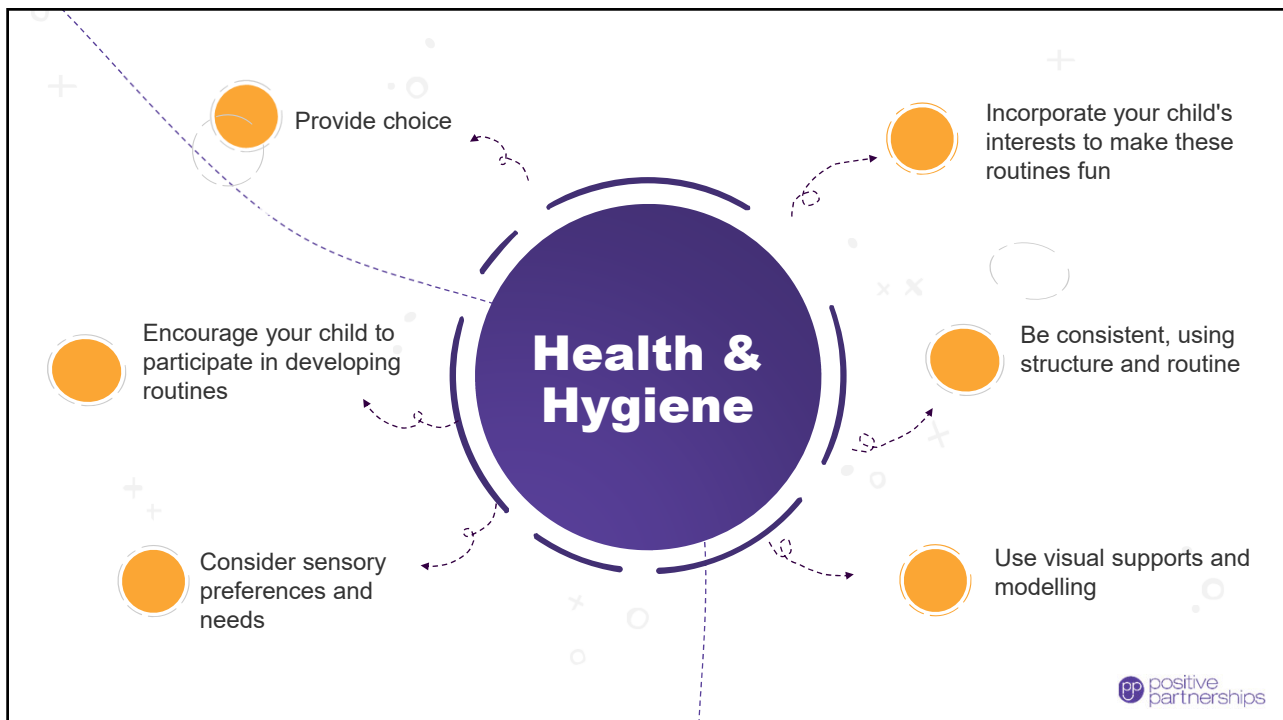
Sleep

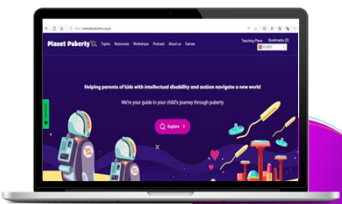


Independent Living Skills




Health and Hygiene





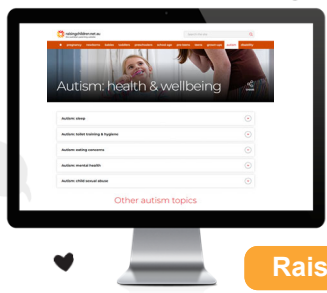
Planet Puberty



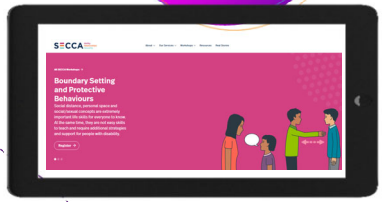
Washing Hands

Visuals


Health and Hygiene Resources



Raising Children Network



SECCA



Sleep

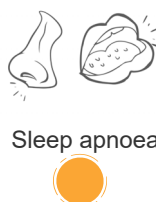
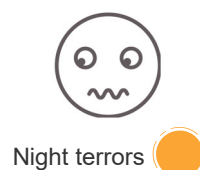
How much sleep is your young person getting?

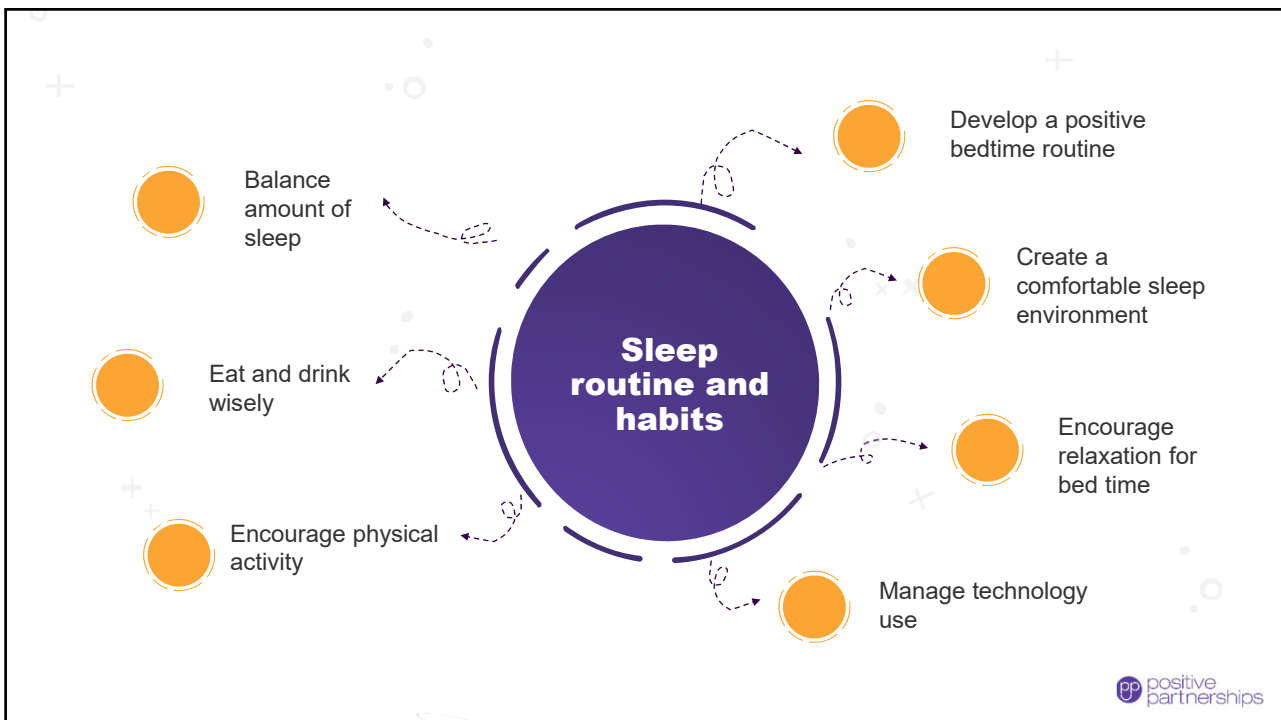


How much sleep should we be getting?

Age	Recommended	May be appropriate	Not recommended
Newborns (0-3 months)	14-17 hours	11 to 13 hours 18 to 19 hours	Less than 11 hours More than 19 hours
Infants (4-11 months)	12 to 15 hours	10 to 11 hours 16 to 18 hours	Less than 10 hours More than 18 hours
Toddlers (1-2 years)	11 to 14 hours	9 to 10 hours 15 to 16 hours	Less than 9 hours More than 16 hours
Preschoolers (2-5 years)	10 to 13 hours	8-9 hours 14 hours	Less than 8 hours More than 14 hours
School-aged children (6-13 years)	9 to 11 hours	7-8 hours 12 hours	Less than 7 hours More than 12 hours
Teenagers (14-17 years)	8 to 10 hours	7 hours 11 hours	Less than 7 hours More than 11 hours
Young adults (18-25 years)	7-9 hours	6 hours 10 to 11 hours	Less than 6 hours More than 11 hours
Adults (26-64 years)	7-9 hours	6 hours 10 hours	Less than 6 hours More than 10 hours
Older adults (≥65 years)	7-8 hours	5 to 6 hours 9 hours	Less than 5 hours More than 9 hours

Other common sleep issues





Sleephealthfoundation.org.au

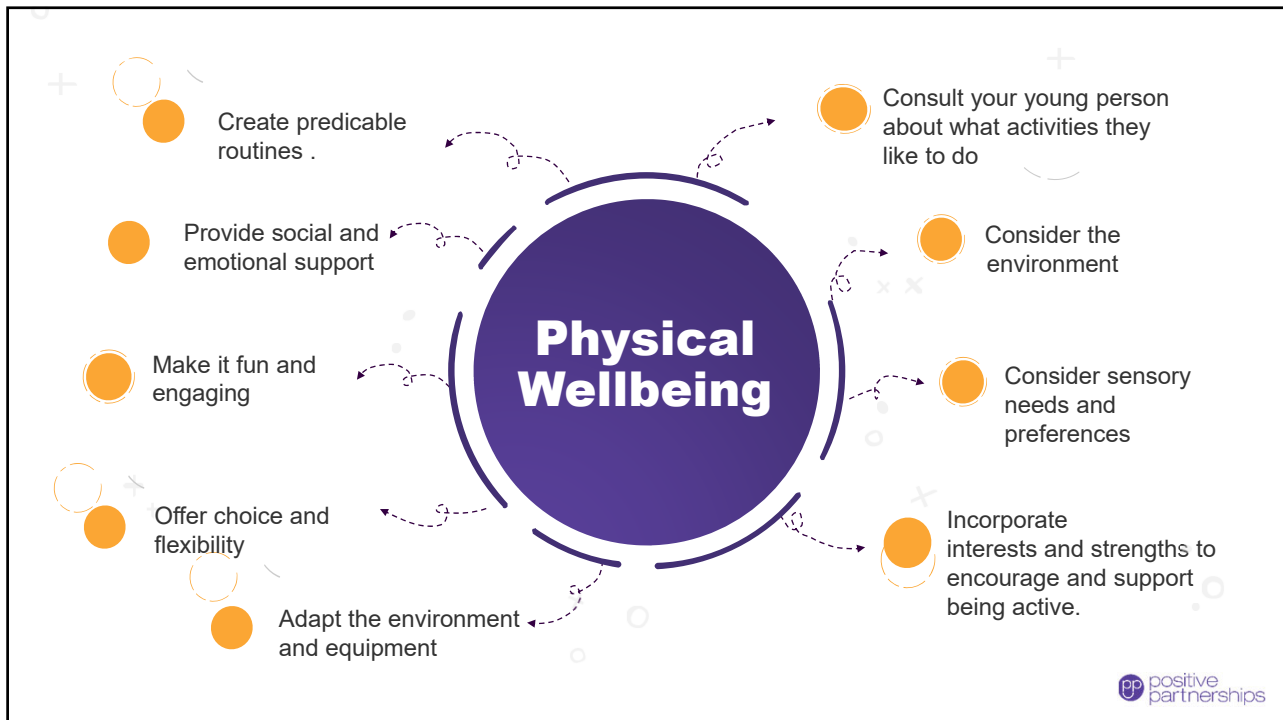
Raisingchildren.net.au

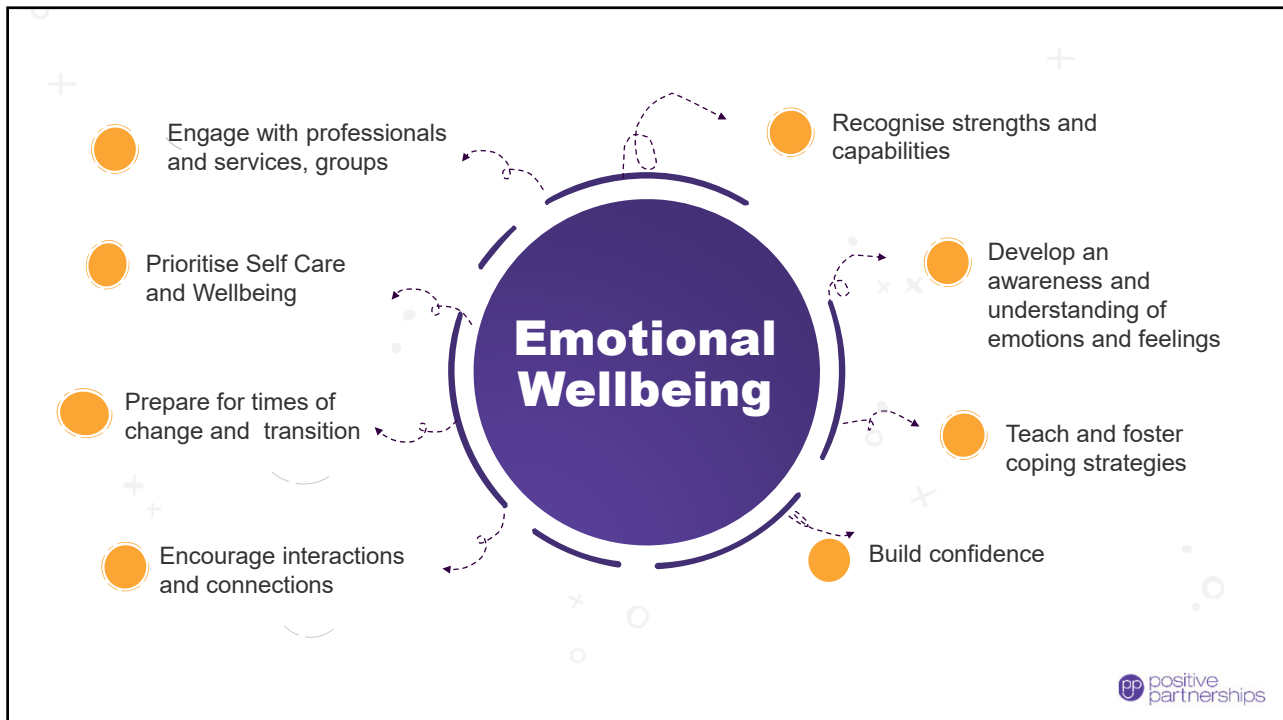
Resources

Sleep Ninja app

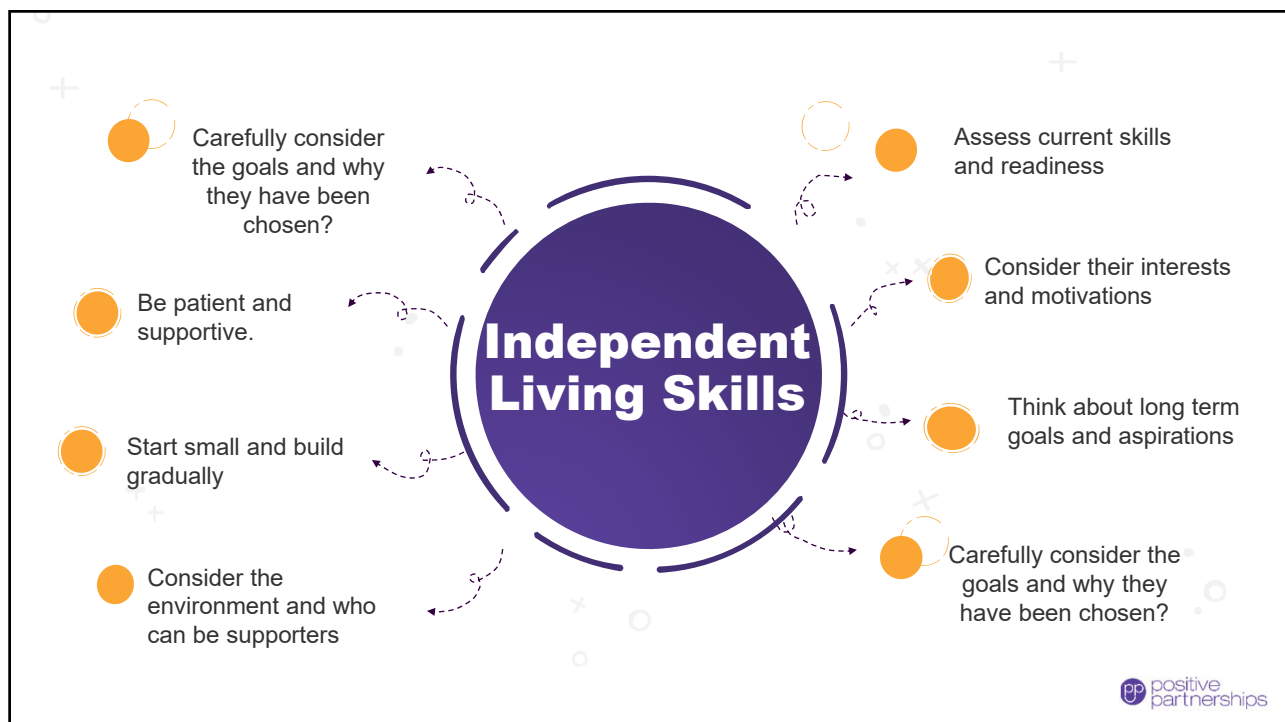
positive partnerships



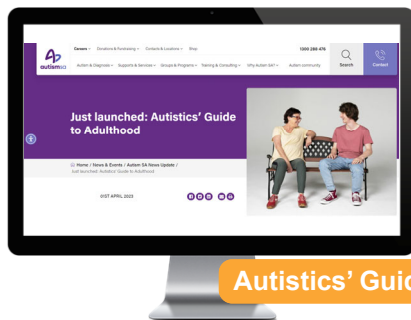




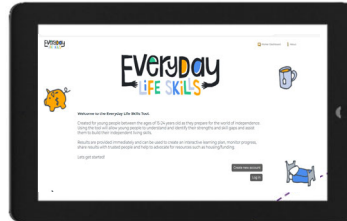
Independent Living Skills



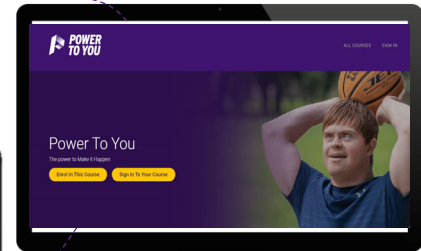
Resources



Autistics' Guide to Adulthood



Everyday Life Skills



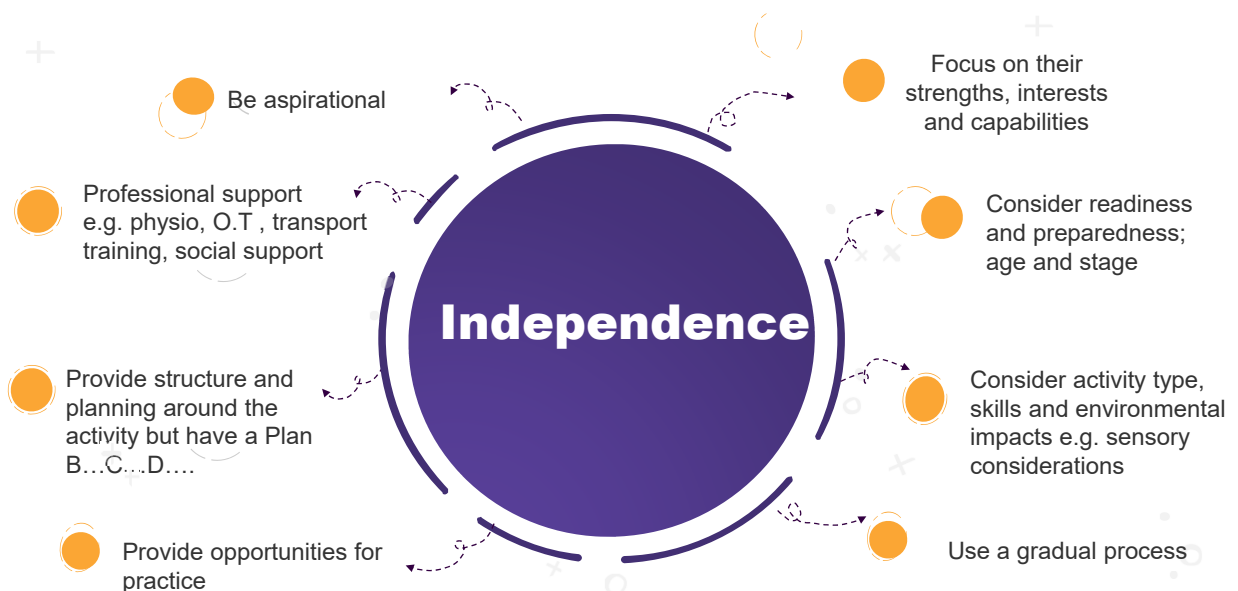
Power to You

Independence



What does independence look like?

Independence





Independence



Readiness for more independence

- Understand your child's interests, strengths and motivations
- Observe your child in different settings
- Ask for feedback
- Listen to your child
- Pay attention to how your child relates to others
- Notice when and how your child follows your instructions well
- Recognise when your child is initiating and planning tasks

Resources



positivepartnerships.com.au



LinkedIn positive partnerships



Instagram @positivepartnerships



Threads @PositivePartnerships



[pinterest.com.au/
PositivePartnershipsAustralia/](https://pinterest.com.au/PositivePartnershipsAustralia/)



facebook.com/PositivePartnershipsAU

Feedback & Questions



[tiny.cc/PP-
onlinefeedback](https://tiny.cc/PP-onlinefeedback)