

Comprehensive Autism Planning System (CAPS) A 6-Minute Brief

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Activity/Task/Job: Medical Appointment

Training Needs or Supports for Skills of this Activity/Task	Reinforcement to Include in Activity/ Task	Social and Communication Needs and Supports	Sensory/Biological Considerations and Supports	Environmental Modifications and Supports Used	Suggested Natural Supports
<ul style="list-style-type: none"> ▪ Explain each step of procedure by modeling/showing instrument ▪ Use social narrative that has been used to prime as a visual guide (see attached) 	<ul style="list-style-type: none"> ▪ Lunch at a restaurant. Will occur after appointment. Use visual schedule to remind ▪ Use iPod during appointment/procedures ▪ Compare positively to sister, Donna's behaviors (Donna is her "hero"). "Donna also goes to the doctor". "You are acting a lot like Donna". 	<ul style="list-style-type: none"> ▪ Use visual schedules and social narrative to communicate what will happen (see attached) ▪ Communicate directly to Jennifer ▪ Do not ask extensive questions. ▪ Write down the important information for support staff to review 	<ul style="list-style-type: none"> ▪ Low lighting ▪ Ask permission to touch ▪ Avoid rushing 	<ul style="list-style-type: none"> ▪ Low lighting ▪ Place in exam room as soon as possible (or other quiet area to wait) 	<ul style="list-style-type: none"> ▪ Music is calming ▪ Pictures/ symbols/ objects are all extremely helpful to understand and remember ▪ One staff (nurse) that greets and stays involved through the appointment (rather than switching)

Modified by Chris Filler with permission from:

Henry, S. A., & Myles, B. S. (2007). *Integrating best practices throughout the student's daily schedule: The Comprehensive Autism Planning System (CAPS) for individuals with Asperger Syndrome, autism and related disabilities*. Shawnee Mission, KS: Autism Asperger Publishing Company.