

Autism Spectrum Disorder and ASO



**Sensory Kit
Orientation**

August 12, 2025

Tobi's Sons:



On YouTube:
KhAnubis



ASO's Mission

We create connections,
empowering everyone
in the Autism
community with the
resources needed to
live fully.

***Video: What ASO Is &
How We Can Help at [LINK](#)***



What is Autism?

Autistic people experience the world differently due to differences in brain development that affects:

- **Communication**
- **Social Interaction**
- **Intense Interests**
- **Repetitive Behaviors “Stims” & Routines**
- **Sensory Issues**

*See our website for 4 short videos about Autism at
<https://autismsocietyoregon.org/video-resources/>*

EVERY AUTISTIC PERSON IS DIFFERENT!

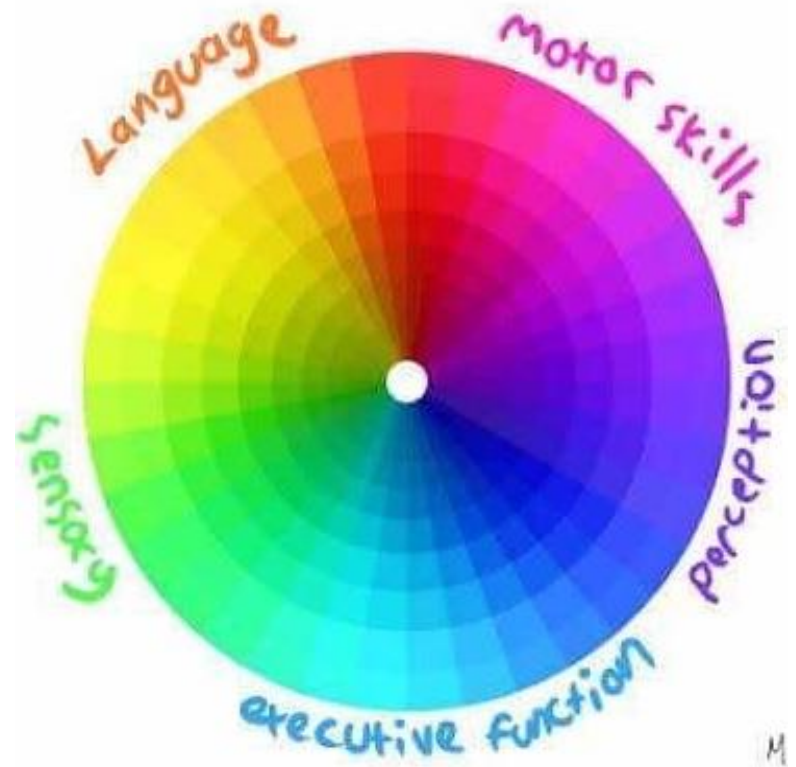
How Does Autism Present?

Autism is a spectrum, meaning an autistic person can need more support in some areas than others, and no two autistic people are the same.



vs.

How a person presents CHANGES due to a variety of reasons, including development, circumstances and treatment.



"Circular Spectrum" Credit to Rebecca Burgess

Basic Facts About Autism

- **One in 36 children (2.8%)** is diagnosed by age 8
- Lifelong developmental disorder
- Genetic link - can run in families
- More commonly diagnosed in males
- Frequently occurs with other diagnoses
- 50% do not graduate with a regular high school diploma
- 70% of Autistic adults are unemployed or underemployed

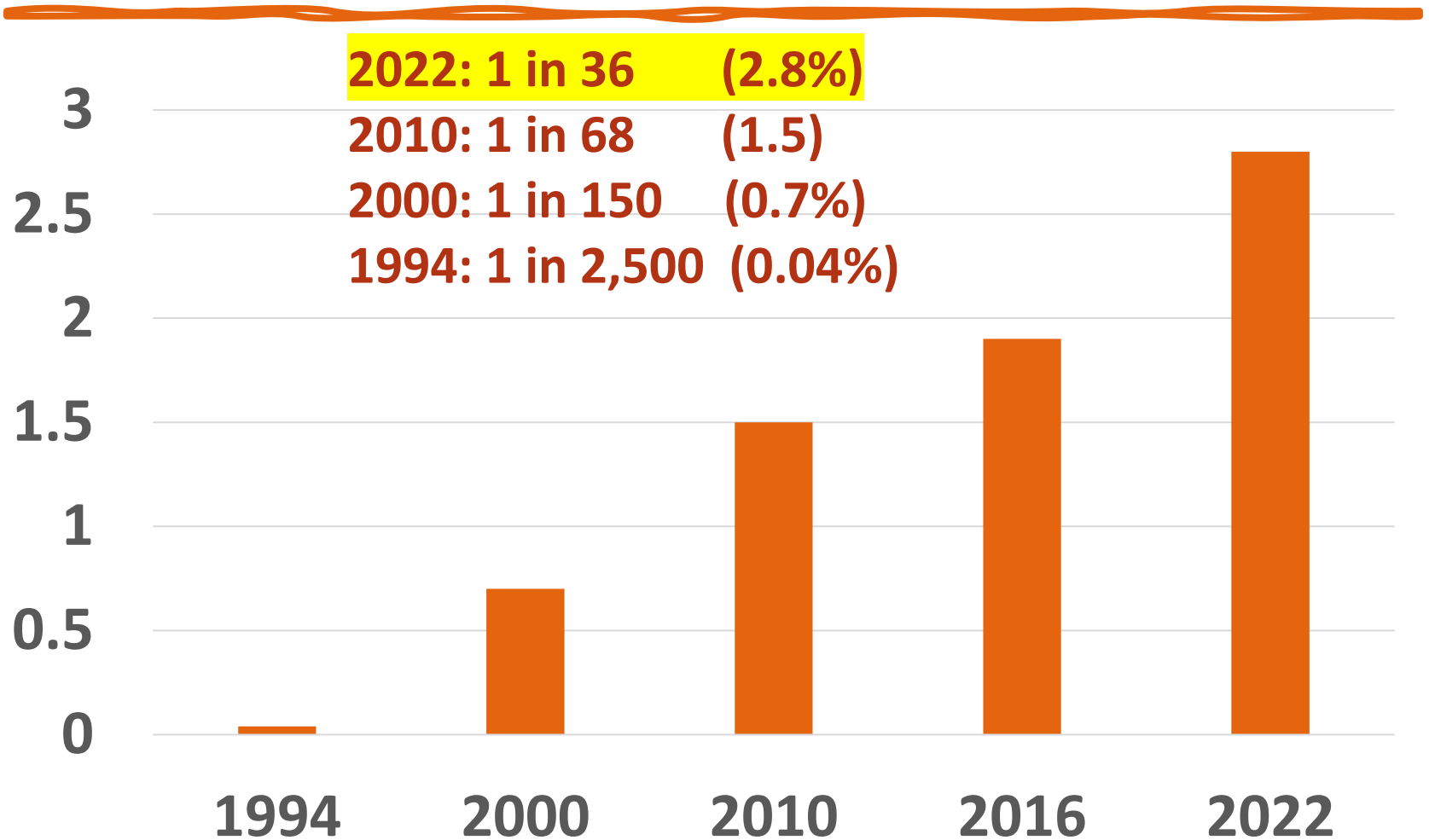


What Causes Autism Spectrum Disorder?



Incidence Rate of Autism

(Diagnosis by age 8, per CDC)



Myths:

- Only boys are Autistic!
- Are savants
- Don't have feelings or empathy
- Don't want friends
- Are violent and a danger to society
- Are miserable and suffering
- All are non-verbal or unable to communicate



T

Every Autistic person is a
unique individual.

Everyone has different needs,
wants, abilities, strengths,
lifestyles, and goals.



Meltdowns vs. Tantrums

Autistic Meltdown:

- Behavior in the absence of effective communication
- A response to being overwhelmed

Tantrum: Goal-driven behavior designed to persuade the person in charge to give in.

WHAT HELPS: Prevention, Empathy, Time



Supporting Autistic People

- Behavior is Communication!
- Consider the Environment
- Transition Points
- Language supports
 - Slow down
 - Literal language
 - Visuals
- Won't vs. Can't



Platinum Rule: R-E-S-P-E-C-T

- Be **CALM**
- Be **PATIENT**
- Give them **SPACE**
- **LISTEN** and **OBSERVE**
- Allow **EXTRA TIME** for a response
- If unsure, **ASK**
- **EMPATHY**

- Do **not** expect **eye contact**
- Do **not touch** without permission or notice
- **Avoid sudden changes**






Sensory Kits

SENSORY KITS INCLUDE:

- Weighted Plushie: to help reduce anxiety
- Noise-Reducing Headphones: to help manage sound and balance
- ShotBlocker®: a non-invasive tool that lessens the pain and anxiety of needles
- Fidget: to support self-regulation and decrease anxiety
- Sunglasses: to help manage light sensitivity
- Stickers: a fun reward
- Health Care Communication Boards (English and Spanish): to help with communication

Symbol-Supports

 **Healthcare Communication Board**

Pain Scale:


- 10: Worst Pain Possible (Red face)
- 9: Severe Pain (Orange face)
- 8: Severe Pain (Yellow face)
- 7: Moderate Pain (Light green face)
- 6: Moderate Pain (Light green face)
- 5: Moderate Pain (Light green face)
- 4: Mild Pain (Yellow face)
- 3: Mild Pain (Yellow face)
- 2: Mild Pain (Yellow face)
- 1: No Pain (Green face)


YES NO

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HURT	HELP	STOP	WANT	WHEN	NURSE
NEED A BREAK	TOO LOUD	TOO BRIGHT	DON'T WANT	WHERE?	VACCINE
BRAVE	NEED TIME	DRINK	SNACK	WHAT?	BANDAID
DON'T KNOW	BATHROOM	FAMILY	FIDGET	WHO?	WAIT

Letter Boards


 **Healthcare Communication Board**


A	B	C	D	E	F	G	H
I	J	K	L	M	N	O	P
Q	R	S	T	U	V	W	X
Y	Z	0	1	2	3	4	5
6	7	8	9	.	,	!	?
YES		MAYBE		NO			


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Confidential: Do not share or distribute.




 **Getting My COVID-19 Vaccine**


I want to protect myself and people around me from getting sick from COVID-19.



A vaccine is a medicine that gets put into my arm to protect me from getting sick from COVID-19



I can get a COVID-19 vaccine at any pharmacy, doctor, or clinic.


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 **What to expect with your Covid-19 Vaccine**


Before | During | After


• Make a vaccine appointment online @ [vaccines.gov](https://www.vaccines.gov).
• Pfizer & Moderna require two shots so make sure you have two appointments scheduled.



• Do you need help with the application or transportation
Call DIAL: The Disability Information and Assistance Line: 888-677-1199



• The Vaccine is free.
• You will need to show your ID.
• You do not need insurance, a driver's license or a social security number.



• Wear a mask that covers your mouth and nose.
• Wear a t-shirt, the shot will be in your upper arm.



• Learn what will happen during and after the appointment and plan ahead: Bring anything that may help ease anxiety like a fidget spinner, squishy, comfort item, preferred video, etc.


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 **Getting the COVID-19 Vaccine** 1


1 Check in at the vaccine clinic ☒


2 Follow a helper to a room ☐


3 Sit down and roll up sleeve ☐


4 Nurse cleans arm with a wipe ☐


5 Nurse will give the shot ☐

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Social Narratives & Visual Schedules

Additional Support: HERO Kids Registry



- Voluntary, no-cost system
- Any Oregon family can share critical information about their child's or young adult's health before a health emergency occurs
- Available to any Oregon child or young adult up through age 26
- The information can be quickly and easily accessed by EMS providers

Logout

Oregon Registries for EMS

☒ POLST ☒ HERO Kids

* Last Name
Test

First Name
Kiddo

MI

Registry ID

Date of Birth (MM-DD-YYYY)
07 - 17 - 2019

Approx Age (Years)

AA orem.s.org

Accessing the Registry

- EMS can call the hotline with the child's or young adult's demographic information or Registry ID number
 - Information is relayed in less than 90 seconds
- EMS can also access through the OREMS App

Contact us!

www.herokidsregistry.org

herokids@ohsu.edu

What is ASO?

- Established in 1981
- State affiliate of Autism Society of America
- Serving the entire state of Oregon
- Address needs throughout the lifespan and across the autism spectrum
- 501(c)(3) – donations are tax-deductible; and all donations remain in Oregon



Supports:

➤ Support & Activity Groups

- Groups for Autistic kids, teens, adults, for parents, and partners
- On website: [Support Groups by region](#)

➤ Online Resource Guide:

- Therapists to camps to hair cuts!
- On website: under [Resources/ Professional Directory](#)

Community Education:

Workshops/Webinars

Presentations

Resource Tables

Community Inclusion Events

More information: [Calendar of Events](#),
[Facebook](#), or our [E-newsletter](#)

April is Autism Acceptance Month

Autism Acceptance is actively offering Autistic individuals the supports they need to be fully included as valuable and valued members of our families, schools, neighborhoods and community.

**Join our Annual Autism Walks in Portland, Salem, Eugene,
Astoria and Pendleton
NEW - No Registration Fees!**





Autism Society
Oregon

How can we help?

www.AutismSocietyOregon.org

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