

# PDA: Adult Services Best Practice

A case study from Cardiff Outreach  
Service

# What am I going to talk about?

- Introduction
- Case Study history
- Back to School
- Social Experience
- Challenges
- Flexibility
- Communication
- Where are we now?



# Introduction



## Welcome!

- A little bit about me
- NAS Cymru
- Brief presentation outline



# Case Study



# Case Study: History

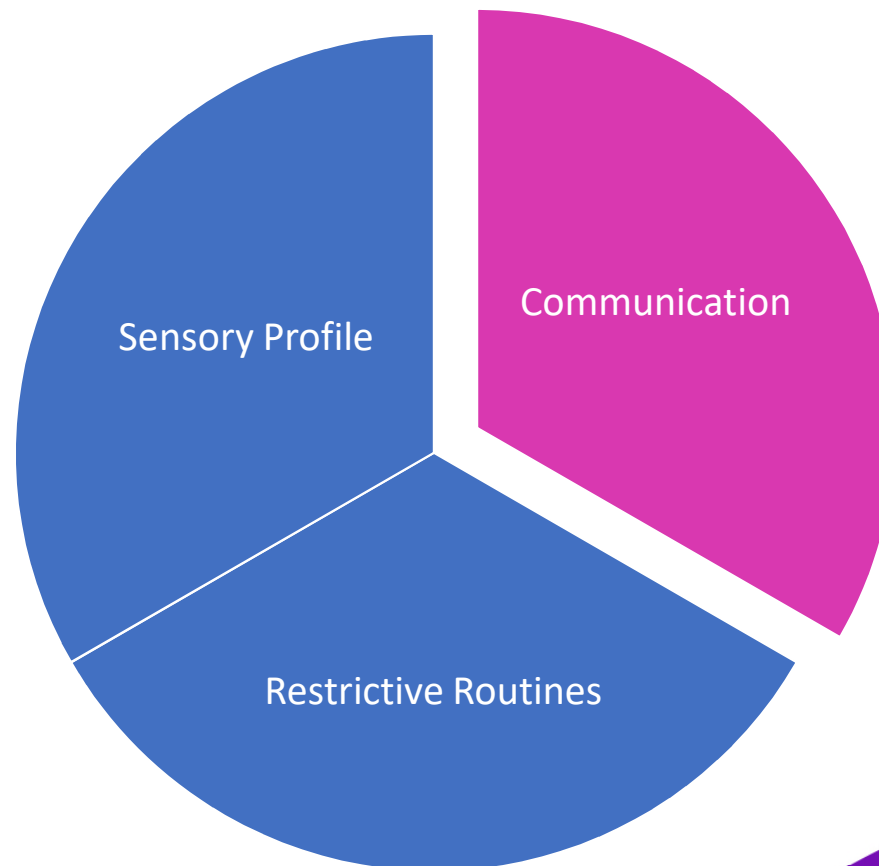
**\*I will not be referring to my case study using her name as we would like to keep her anonymous.\***

- 13 years old
- Lives with her mum and sister
- Bubbly and cheeky personality
- Diagnosis of Autism, Tourette's Syndrome, OCD and has a PDA Profile.



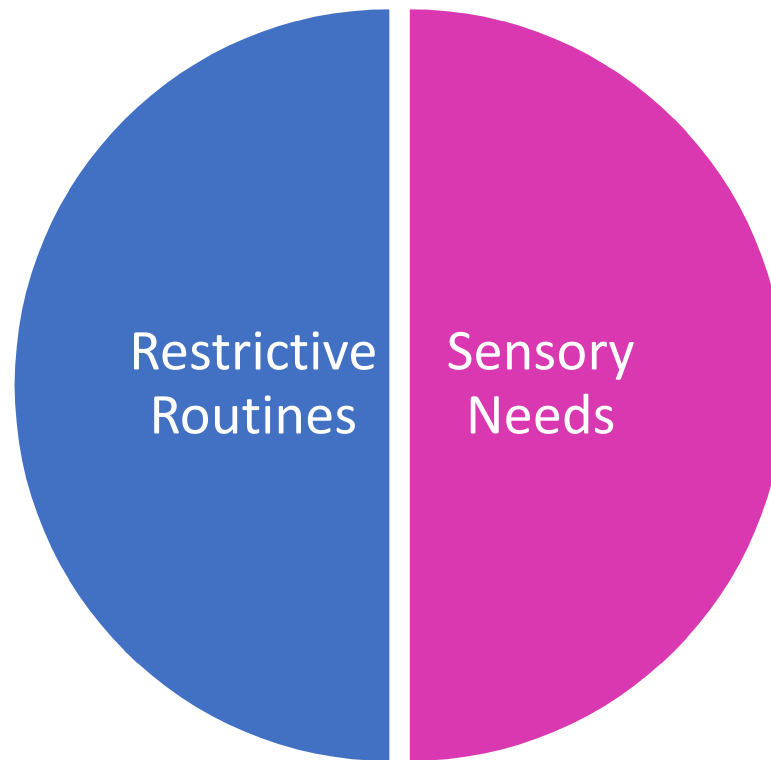
# Case Study: History

January 2018:



# Case Study: History

January 2018:



# Case Study: History

January 2018:



Restrictive  
Routines



# Case Study: School Needs



# Case Study: Back to School



## Strategy

Using the remote in a game of hide and seek- increase the distance required to find the remote. This will slowly include going outside, in the car and then to school.

Aim: Create a new routine which includes going to school.

Step 1: Build Trust

Step 2: Introduce game of Hide and Seek

Step 3: Increase the distance of hide and seek

Step 4: Increase game to include school

Step 5: Support in school as a transition period



# Case Study: Social Experience

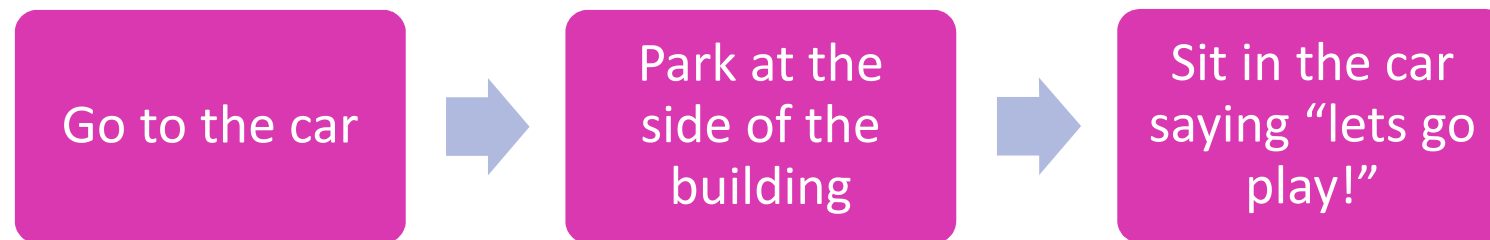


# Case Study: Social Experience



Aim: To widen the social experience for our case study.

Day 1: Trampolining



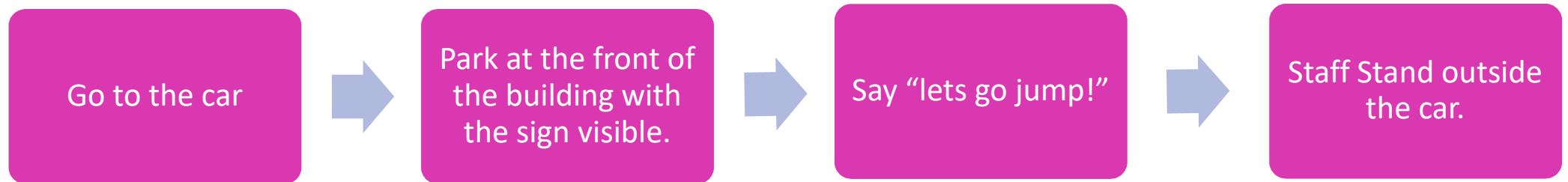
## What did we learn?



# Case Study: Social Experience



Day 2: Trampolining



## Strategy

Allow processing time and reduce all demands. (Recognising that silence may also be a demand)

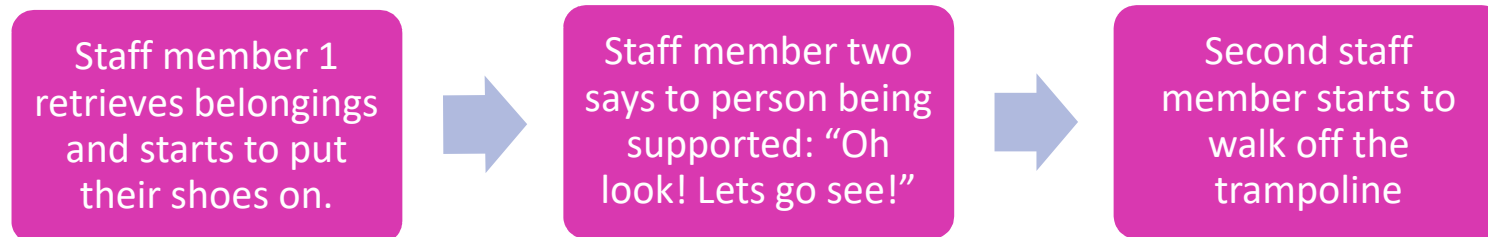


# Case Study: Challenges

- Challenge 1: Leaving the trampoline

## Strategy:

Indirect demands and subtle cues.



# Case Study: Challenges



- Challenge 2: Getting out of the car

Strategy 1- Lets go home!

Strategy 2- Lets go 'Click'!

Strategy 3: A Race

Strategy 4: "I can't get out!"



# Case Study: Flexibility

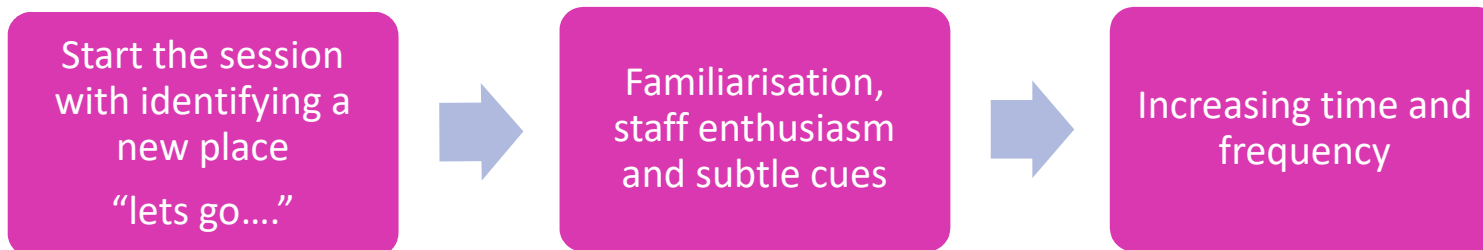


# Case Study: Flexibility

## Activities

Aim: Increase the amount of social activities we attend

## Strategy

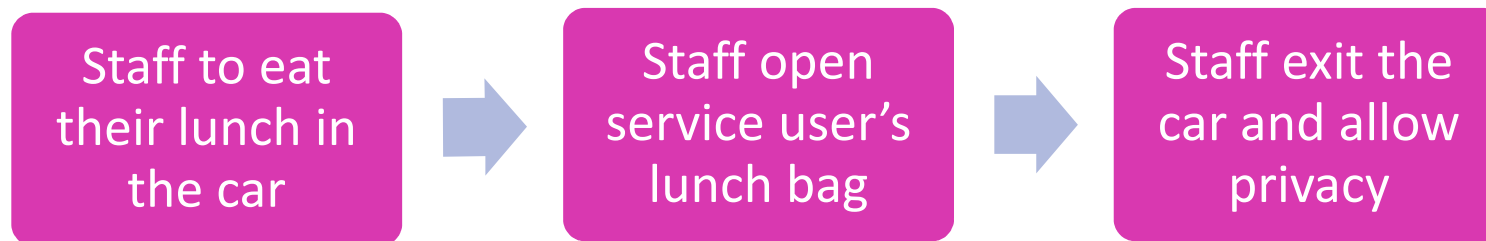


# Case Study: Flexibility

## Food

Aim: To encourage eating food whilst with staff to allow for longer respite for family.

### Strategy

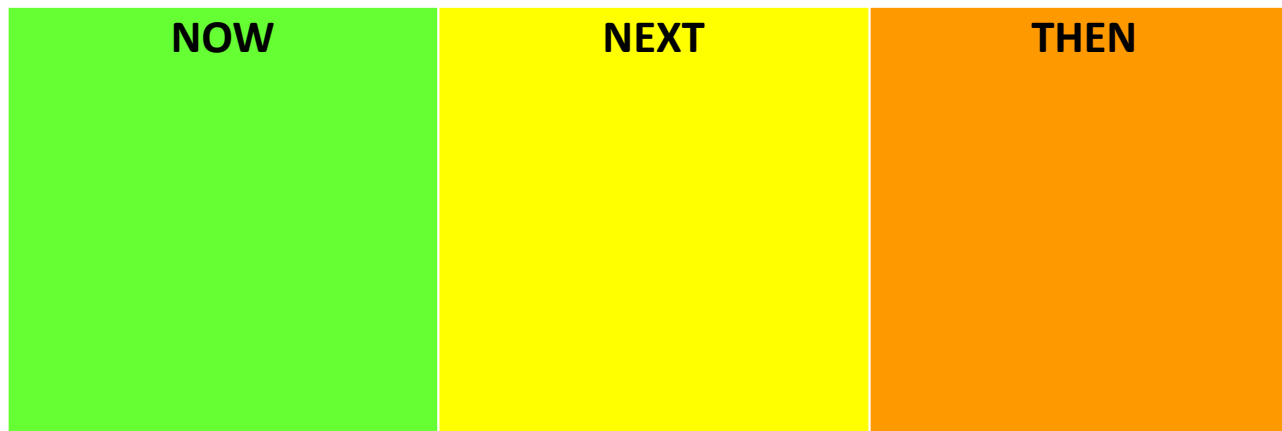


# Case Study: Communication



# Case Study: Communication

- Now and Next System

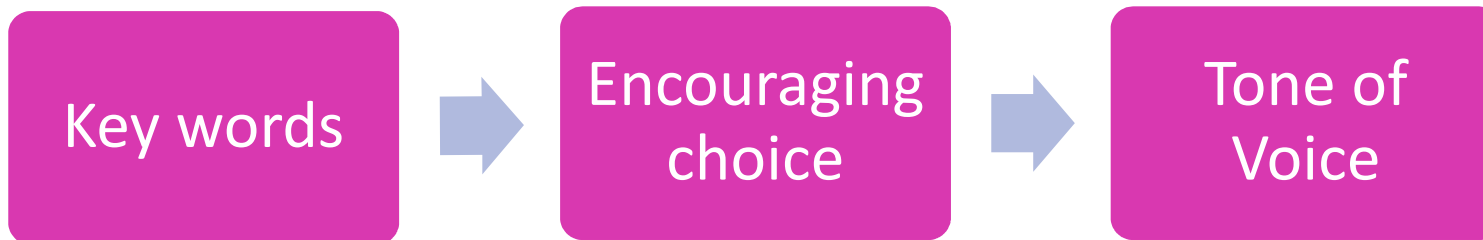


What did we learn?



# Case Study: Communication

## Strategy



## Progress to date

- Counting
- Asking for help
- Requesting Specific songs to play
- Singing
- Identifying colours



# Case Study: Where are we now?



**Thank you**

**Any Questions?**

