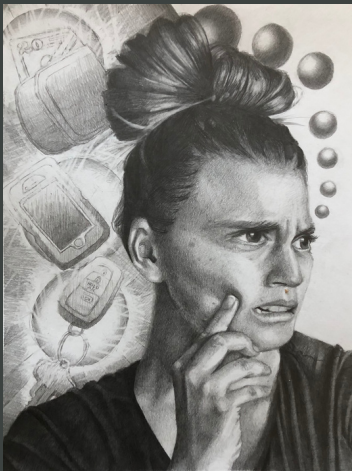




UNDERSTANDING AUTISM PODCAST

SHOW NOTES SEASON 1
EPISODE 10



Lack of Object Permanence
Artwork by Nicole Kubilus

*How to Heal Your Anxiety When
No One Else Can* (book)
by Amy Scher



UNDERSTANDINGAUTISM.INFO

SEASON 1 EPISODE 10: OBJECT PERMANENCE

As an autistic person, are you someone who constantly misplaces objects and lose your cool when you're trying to find it? In this episode we examine why object permanence and working memory are such a challenge for people with autism and what can be done to address it.

- **Definition & Intro** **0:00 - 2:50**
Object permanence as associated with working memory.
- **Why Is This Such a Challenge?** **2:50 - 4:23**
 - Overwhelmed by clutter
 - Organization, fixations, distractions
 - Low frustration tolerance
- **Solutions** **4:25 - 22:00**
 - Automated options for tasks & bills
 - What to do with essential items
 - Routines
 - Mindfulness practices
 - Have coping mechanisms that work for you
 - Decluttering
- **Nicole's Personal Experiences & What She Does to Help Herself** **22:09 - 37:22**
- **Nicole's Struggle With Object Permanence as a Teacher** **37:22 - 43:40**
 - Home vs. Work Organization
 - Student's disorganization
 - Establishing Classroom Cleaning Routines
- **Bret Shares Experiences As A Parent of a School-aged Autistic Child** **43:43 - 55:42**
 - Organization the night before
 - Have Effective Coping Skills
 - Establish Routines
- **How Bret Supports His Students With Object Permanence Issues** **55:45 - 1:01:00**
- **Advice for People With Autism in the Workplace With Object Permanence & Working Memory Challenges** **1:01:04 - 1:12:30**