



# UNDERSTANDING AUTISM PODCAST

## SEASON 2 EPISODE 27: PRACTICING LIFE SKILLS AND ROUTINES

### SHOW SUMMARY

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The road to adult independence for our autistic children does not have to start when they are 18 years old. To make this challenging transition easier, teaching our children life skills that they will need when they are adults should begin at an early age. In this episode we explore ways in which parents and schools can help prepare those on the spectrum for living on their own.

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### LINKS

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[EXAMPLES OF BREAKING  
DOWN HOUSEHOLD CHORES  
INTO SMALLER TASKS](#)

[CUSTOMIZABLE WOODEN  
ROUTINE CHART FOR  
CHILDREN](#)

[TRELLO.COM ONLINE TASK  
MANAGEMENT TOOL FOR  
ADULTS](#)

### RESOURCES

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[AUTISM PARENTING MAGAZINE](#)

["LIFE SKILLS AND AUTISM" RESOURCES  
FROM AUTISM SPEAKS:](#)

- [What Are Life Skills?](#)
- [How To Teach Life Skills?](#)
- [Assessing Current Skill Levels](#)
- [Using Visual Supports](#)
- [How To Build Your Child's Independence](#)

### BOOKS AND BLOGS

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["How Cooking Can Be Easy To Learn For  
Adults With Autism" by Heather Davis](#)

[Adults on the Autism Spectrum Leave the  
Nest by Nancy Perry](#)

[Living Well on the Spectrum by Valerie Gaus](#)

[Living Independently on the Autism Spectrum  
by Lynne Soraya](#)

• Introduction	0:00-1:15
Why Practice Life Skills at an Early Age?	1:15-4:50
Three Steps in Teaching Life Skills at Home	4:50-20:54
• Assess current skill level	
• Teach new skills in a supportive way	
• Practice these new skills	
How To Build Competency Around Life Skills	20:54-26:47
Life Skills That Work For A Child vs. Life Skills That Work For An Adult on the Spectrum	26:47-1:34:32
• Grocery shopping	
• Meal prep	
• Home cleaning	
• Doing laundry	
• Knowing what to do in an emergency	
• Caring for pets	
• Self care when sick	
• Seeking help and assistance	
• Managing finances	
• Managing your time	
What Works for Nicole to Complete Household Tasks	1:34:32-1:42:06
Successful Strategies for Completing Household Chores and Routines Including Physical Task Boards and Visual Cues	1:42:06-1:51:13
Practicing Cooking as a Household Task & Cooking Routines That Work for Nicole and Bret	1:51:13-2:07:44
Tips for Building Autistic Cooking Skills From Heather Davis	2:07:44-2:08:24
What Do You Do When You Get Stuck Practicing Life Skills Such as Cooking, Cleaning & Shopping?	2:08:24-2:14:03

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## PODCAST

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### SHOW SUMMARY...CONTINUED

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Advice From Experts 2:14:03-2:17:47

Closing 2:17:47-2:19:55

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### SEASON 2 EPISODE 28: SPECIAL GUEST ERIN GASKINS FOUNDER OF ROOM REDEFINED

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Part of learning how to live on your own begins with being comfortable in your own space. In this episode, we talk with Erin Gaskins, Founder of Room Redefined who works with individuals, schools, and businesses to reimagine their space based on their personal goals. Erin works with many neurodiverse clients and supports them in organizing their home so they can “live their best lives”.

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### SHOW SUMMARY

Interview with Erin Gaskins 0:00-37:10

Our Post Interview Thoughts 37:10-1:25:10



### SPECIAL GUEST

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Erin Gaskins  
Founder of  
*Room Redefined*

### MORE RESOURCES

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[ADULT AUTISM CENTER FOR  
LIFETIME LEARNING: CULINARY  
PROGRAMS](#)

[Core Value Cards from ESTY](#)