

# LURIE CENTER FOR AUTISM



## Parent and Caregiver Workshops



The Lurie Center for Autism invites parents, guardians and families to participate in our Parent and Caregiver Workshops. All workshops are held virtually and open to the public.

### **Registration is Required.**

Reserve your spot by contacting us at [LurieCenter@partners.org](mailto:LurieCenter@partners.org) or 781-860-1700.

Virtual meeting links will be emailed to all confirmed registrants prior to event day.

The Lurie Center for Autism is an integrated and multidisciplinary clinical, research, training and advocacy program dedicated to treating individuals with autism spectrum disorder and other neurodevelopmental disorders. Our mission is to treat individuals and support their families across the lifespan.

## Understanding Your Child's New Autism Diagnosis and Next Steps

**Monthly:** 2nd Tuesday

(January - December)

**Time:** 12:00pm - 1:00pm

**Cost:** Free

Receiving a new diagnosis can be a life changing experience for caregivers. This interactive workshop is geared toward caregivers of young children. It provides support and general education about autism spectrum disorder, the treatments available, and community services available to families.

## Autism 101 - 6-Session Workshop for Parents of Newly Diagnosed Children

**Monthly:** Starts 1st Friday

(Nov/Jan/March/May)

**Time:** 12:00pm - 1:30pm

**Cost:** Free

Autism 101 provides interactive lesson, question and answer sessions and the opportunity to connect with other families with newly diagnosed children with autism. If you've found yourself typing "my child diagnosed with autism" into the google search bar, this group will help address that 'now what' feeling that you may have been experiencing.

## Behavior Management

### Behavior Basics - A 3-Part Series

**Quarterly:** This 3-session course is offered four times per year (Nov, Feb, May and Aug) on consecutive Tuesdays.

**Time:** 12:00pm - 1:00pm, **Cost:** \$35 per session

Designed for parents of children of all ages, this interactive workshop series helps caregivers understand the basic principles of behavior to better manage challenging behaviors at home. Discussion focuses on evidence-based applied behavior analysis (ABA) and applying this methodology to daily life. We recommend completing all 3 courses in sequence.

#### Part 1 - Intro to ABA

This introductory class provides an ABA process overview and covers important topics such as data collection, assessment, daily schedule, and proactive strategies. Workshop dates for each month will be confirmed upon registration.

#### Part 2 - Reinforcement and Limit Setting

In the second class, the topics of reinforcement, limit setting, and other behavioral interventions will be discussed. Workshop dates for each month will be confirmed upon registration.

#### Part 3 - Problem Solving ABA

The final class will focus on what to look for in an ABA program and what to do when your child is not making progress. Workshop dates for each month will be confirmed upon registration.

## Safety at Home and in the Community

**One Tuesday per Month:**

(Sept, Dec, March, June)

**Time:** 12:00pm - 1:00pm

**Cost:** \$35

Challenging behaviors can lead to safety concerns for individuals with autism, their siblings, their parents, and community members. This workshop will focus on proactive strategies to address safety at home, in the car, and in the community. We will also discuss how to develop a safety plan to help manage crisis situations. Workshop dates for each month will be confirmed upon registration.

## Support for Medical Care

### Fear of Needles - Desensitization Techniques

**Monthly:** 3rd Monday

(March and October)

**Time:** 12:00pm - 1:00pm

**Cost:** \$35

This workshop is designed to support individuals of all ages who are afraid of needles. Parents will learn desensitization techniques, a gradual approach used to reduce anxiety. Sessions will include information about desensitization for shots and medical procedures, behavioral strategies parents can utilize at home to prepare for a shot, and visual supports.

### Pill Swallowing

**Monthly:** 4th Monday

(March and October)

**Time:** 12:00pm - 1:00pm

**Cost:** \$35

This workshop is designed for children of all ages who have difficulty swallowing pills. Swallowing a pill is an important life skill that many people with ASD have challenges with due to anxiety and sensory sensitivities. In this workshop, parents will learn helpful strategies and practice methods to use when teaching their child to swallow a pill.

## Transition Services

### Transition to Adult Services

**Monthly:** 1st Friday

(January - December)

**Time:** 12:00pm - 1:00pm

**Cost:** \$35

This workshop provides an overview and discussion about transition to adult planning. This presentation is specifically designed for parents or caregivers of an adolescent who has autism spectrum disorder or a related developmental disability who would like to learn about important information, such as timelines, steps/tasks, services and resources.

## Guardianship 101

**Monthly:** 1st and 3rd

Thursdays (Jan - Dec)

**Time:** 1:00pm - 2:00pm

**Cost:** \$35

There is much to learn about decision-making options and protections for your child when approaching young adulthood/turning 18. The concept and process of guardianship of an adult can be daunting. This workshop offers information about alternative protections, what guardianship is, the different types and paths to guardianship, as well as how to prepare for guardianship. Participants will be provided with resource materials and referrals to legal experts.

## Guardianship 102

**Monthly:** 2nd and 4th

Thursdays (Jan - Dec)

**Time:** 11:00am - 1:00pm

**Cost:** \$75

Completing the paperwork required by the court for guardianship of an adult can be overwhelming and time consuming. This workshop offers a group tutorial for family members and caregivers to review the required documentation. Discussion will include the process of filing and giving notice as well as what to expect when appearing at a court hearing. Participants will be provided with referrals to legal experts. This workshop can be provided as a private family coaching session by appointment at a cost of \$150 per family.

## Guardianship 103

**Monthly:** 4th Wednesday

(Jan - Dec)

**Time:** 2:00pm - 3:00pm

**Cost:** \$35

Once you have successfully completed your guardianship appointment, one of the important duties for legal guardians in Massachusetts is reporting to the probate court. The initial Guardian Care Plan/Report is required within 60 days of the appointment, and then annually on the anniversary of the guardianship appointment. This workshop is a hands-on group tutorial to help family members and caregivers prepare the Guardian Care Plan/Report. (MPC 821) .

## Guardianship 104

**Monthly:** 2nd Wednesday

(Jan - Dec)

**Time:** 2:00pm - 3:30pm

**Cost:** \$50

The process of pursuing a Rogers Guardianship adds extra paperwork and tasks to family members and caregivers who are already stressed and overwhelmed. This workshop provides an overview of the Rogers Guardianship responsibilities, including what is required by the court. This workshop is not intended to provide legal advice, simply an overview of the Rogers Guardianship process.

Important Disclaimer- Guardianship Workshops are intended for Massachusetts residents only and do not replace legal advice or council. Participants will be provided with legal resources including the Massachusetts Probate and Family Court Website for Guardianship of Incapacitated Persons

## Coffee Convo Series

Lurie Center for Autism also provides monthly evidence-based educational opportunities through our popular Coffee Convo Series. These virtual presentations are held monthly on Wednesdays from 6:30pm - 7:30pm. All Coffee Convo events are free and open to the general public. View our 2022-2023 schedule and register online at [www.LurieCenter.org](http://www.LurieCenter.org).