

Documenting how autistic people grow, develop and learn

*Based on research conducted as part of
Collaboration Labs at the University of Manchester
with and on behalf of SENDCode CIC*

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Research and tool development

Why this was done

The problem

- *Traditional measures of success, e.g. employment, education often not suitable*
- *Difficult to get funding if 'progress' is not shown*
- *Demoralising for autistic people*
- *Suggestion from Autistica social care research summit*

Approach

- *Initiated by SENDCode CIC (Manchester)*
- *Questionnaire*
- *BBC & NAT guide*
- *Review and involvement by ND (mostly autistic) young people*

Being safe, well and comfortable

This aspect of life is important to me.

No, not at all.

Yes, very much.

An example from my life

Things to think about

I have enough food, shelter, and other basic requirements of life.

I am protected from sensory overload.

I can manage stressful situations.

I can meet my sensory needs.

I get enough exercise.

I have good hygiene.

There are reasonable adjustments for me when needed.

I get enough sleep.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

Research process



Preparation

Background research
Develop questionnaire

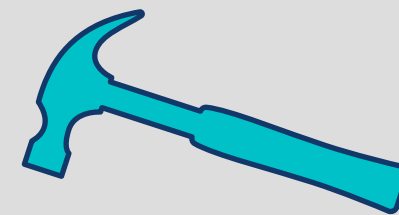
Flash cards
Presentation
Research map



Data collection

Distribute questionnaire
Focus group 1 (online)

Questionnaire (2 versions)
Focus group schedule



Tool development

Tool creation
Focus group 2 (face to face)

Draft assessment tool



Evaluation

Commenced piloting by SENDCode

Evaluation questionnaire



Dissemination

Conference presentation

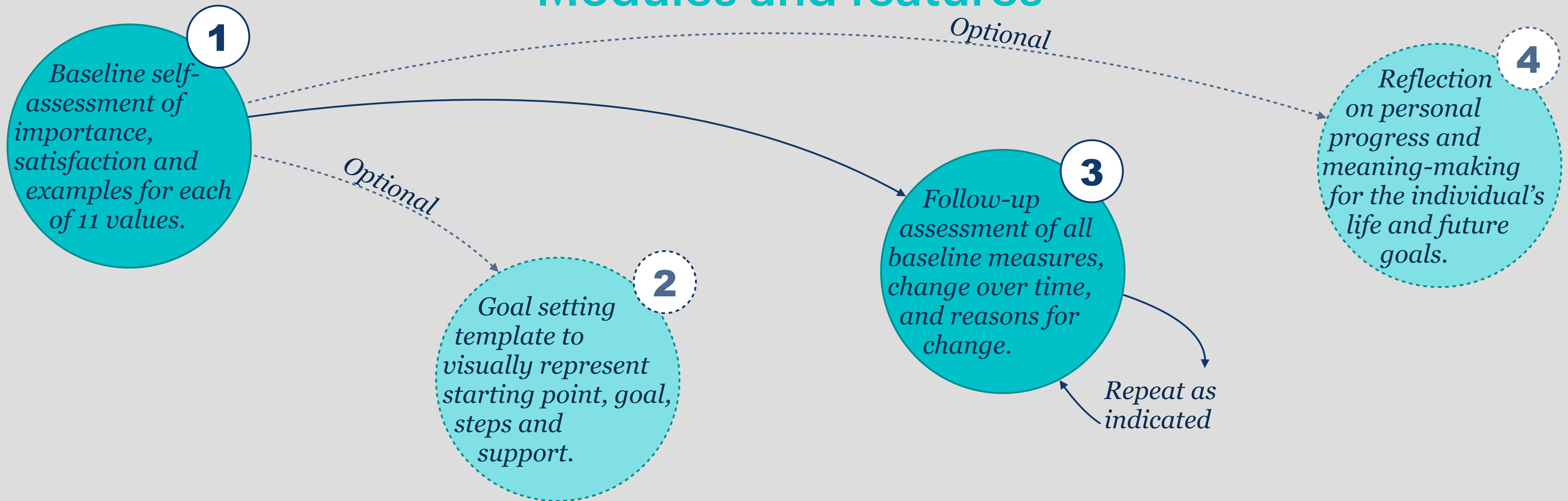
Conference presentation
Article

ACTIVITIES

OUTPUTS

Structure of assessment

Modules and features

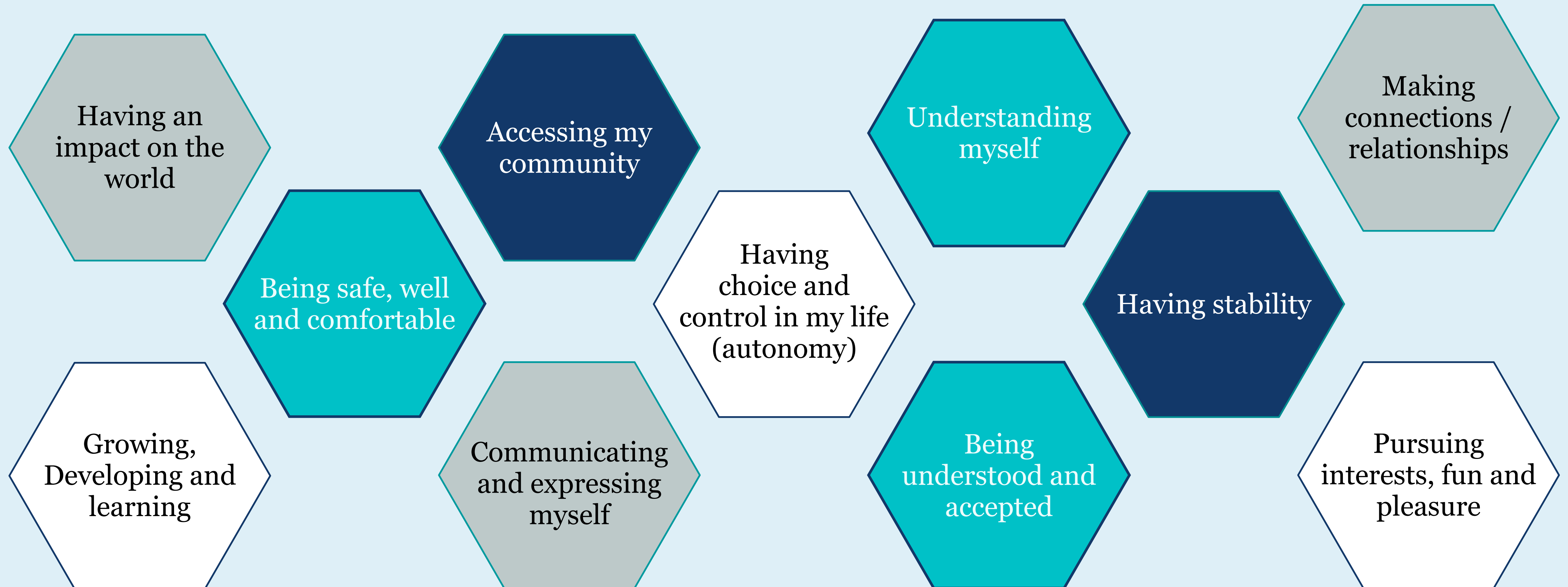


Based on the priorities of neurodivergent people.
*Flexible by being **modular** and **personalised***
***Holistic**, including life skills, wellbeing and social inclusion.*
***Visualisation** of concepts.*

***Clear** language and instructions.*
*Adapted for **visual processing** needs.*
*Straightforward, **step-by-step process**.*
***Examples** provided to aid with open-ended questions without being prescriptive.*

Values

Areas of life to consider





Using the Tool

Download the tool to try

http://www.autscape.org/2021/programme/handouts/SENDCode_model_tool.pdf

Being safe, well and comfortable

This aspect of life is important to me.

No, not at all

Yes, very much.

The left end means it's not important at all and the right end means it's extremely important.

An example from my life

Things to think about

Write, draw, paste,
etc. one or more
specific things in your
life on this topic

These are prompts
that might help get you
thinking. You are not
expected to agree with
them and you can use
your own ideas.

I have enough food, shelter, and
other basic requirements of life.

I am protected from sensory
overload.

I can manage stressful situations.

I can meet my sensory needs.

I get enough exercise.

I have good hygiene.

There are reasonable adjustments
for me when needed.

I get enough sleep.

Mark on the line
how well this is going
for you right now.

I am satisfied with this aspect of my life.

No, not at all.

Yes, very much.

Being safe, well and comfortable

I am satisfied with this aspect of my life.

No, not at all.



Yes, very much.

The left end means it's not important at all and the right end means it's extremely important.

This aspect of my life has:

Got better

Stayed the same

Got worse

What might have made it change:

Things to think about

Someone has helped me (e.g. SENDCode).

I figured something out.

I made a decision (and it went well / poorly).

I learnt something.

I finished something.

I have been well / unwell.

Mark on the line how well this is going for you right now.

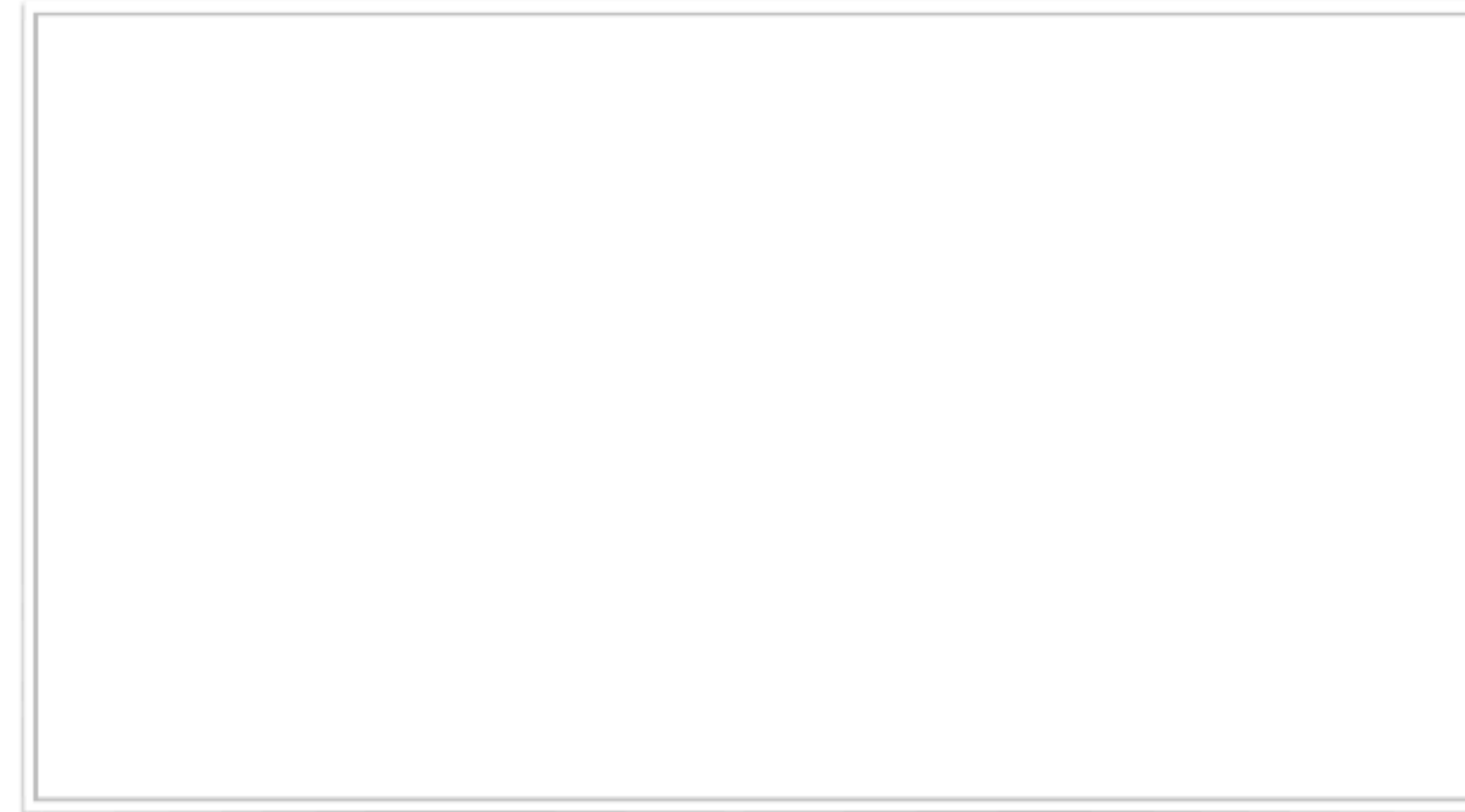
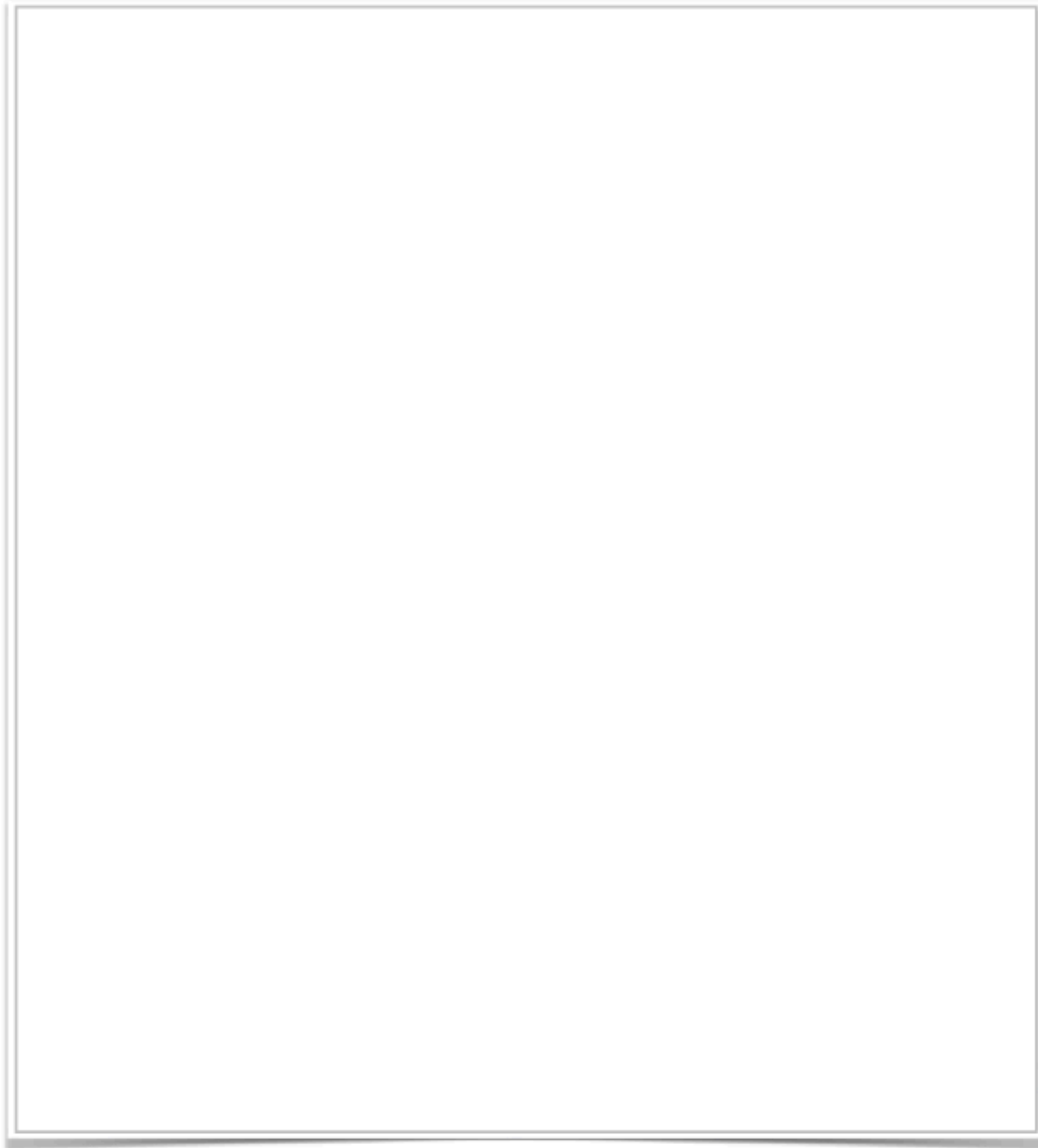
Has it changed since last time you answered?

Write, draw, paste, etc. one or more specific things in your life on this topic

These are prompts that might help get you thinking. You are not expected to agree with them and you can use your own ideas.

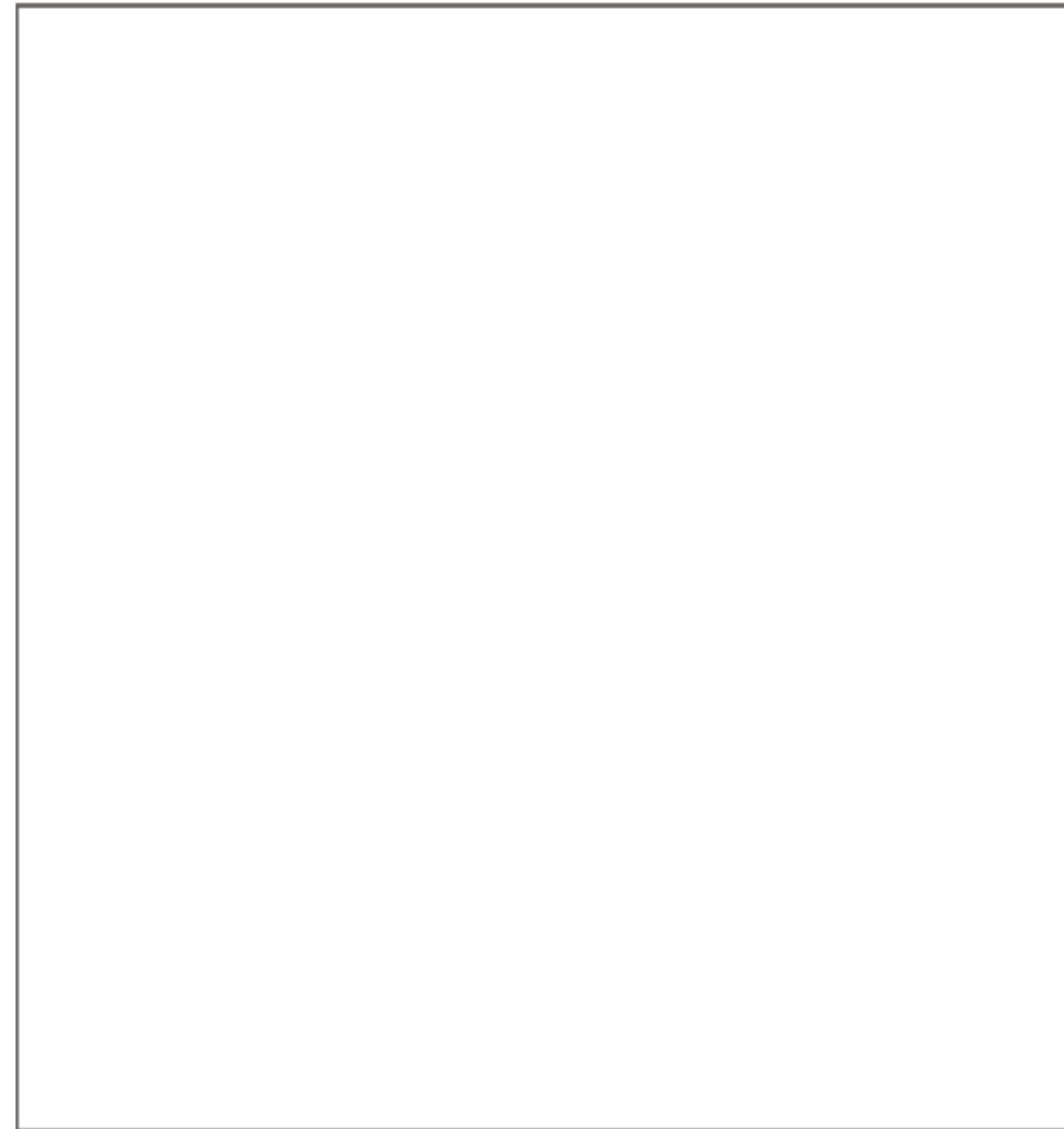
Creative output

Use this space to add photos, screenshots, etc. of what you have made.



Reflections on changes in myself

- I have started to appreciate more small and simple things in life.
- I feel empowered by realising that I have more choices in how I see my life situation.
- I now feel more hopeful and see more opportunities ahead.
- I am aware of what matters to me and how it can help me to decide on goals and priorities.
- I redefined what is important for me in life.



End

http://www.autscape.org/2021/programme/handouts/SENDCode_model_tool.pdf

<https://www.bbc.co.uk/rd/projects/digital-wellbeing>

<https://nationalautistictaskforce.org.uk/wp-content/uploads/>

[RC791 NAT Guide to Quality Online.pdf](#)

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