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QUARTERLY NEWSLETTER

Winter 2024

Sensory Processing, Transition Planning, & Employment Supports



[The Anne Freitag Library](#)

[Provider Database](#)

[Resources](#)

Hello AARC Newsletter Subscribers!

Happy 2024 to you and your family! We hope you are staying warm and enjoying the wonders of winter!

But wait, there's more!



This quarter, we need your help. But wait, there's more! If you help us, you will be entered to win a package of goodies!

How do you enter to win? That's simple! All you need to do is answer 5 multiple-choice questions by scanning the QR code at the bottom of this newsletter! The AARC is gathering information to help with future planning!

This quarter's newsletter is full of information from transition planning to employment. We have also included information and resources for sensory processing.

The AARC wishes you a wonderful winter season full of merriment!

Autumn Holt

AARC Resource Specialist

Sensory Sensations

Featuring: The Exploding Snowman

Enjoy winter fun indoors with this fun and interactive activity. You will need:

- Sandwich bag
- Markers
- Baking Soda
- Vinegar
- Paper Towels



[Click here for the instructions.](#)

Sensory Processing is how a person receives and processes sensory information from the world around them. The exploding snowman supports the visual system, olfactory system, and auditory system.

Auditory System is how we receive and process sound using our ears.

The Tactile System is how our skin experiences and senses things such as temperature, touch, and pressure.

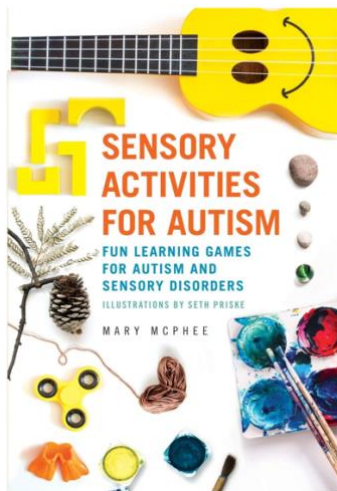
The Visual System is how our eyes process and receive visual information such as color, 3-D, location, and depth.

Hypersensitivity or Over-responsivity is when a person has an increased response to sensory information or is more reactive than most.

Hypersensitivity or Under-responsivity is when a person's response to sensory information is less reactive than most.

AARC E-Module offers free online learning. [Click here](#) to access the introduction to the sensory processing module.

The information on sensory processing systems can be found: Hartman et al., 2023. *The Adult Assessment Handbook: A Neurodiversity-affirmative Approach*.

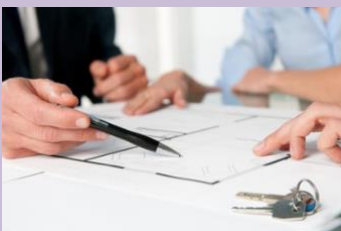


Recommended Resource!

Sensory Activities for Autism: Fun Learning Games and Sensory Disorders, by Mary McPhee.

Use play as a fun and effective approach to help children develop the senses of sight, sound, smell, touch, and taste in *Sensory Activities for Autism: Fun Learning Games for Autism and Sensory Disorders*. You'll find simple, step-by-step sensory activities in this perfect companion book for parents and educators of children with autism spectrum disorders or sensory processing disorders.

Available for loan through the [Anne Freitag Library at SESA!](#)



Transition Planning

Vocational Rehabilitation

Services in the state of Alaska begin at 16 years of age for a student with an Individualized Education Program or Plan (IEP). The purpose of transition planning for the high school student is to promote independence, plan for after high school, and develop various skills. The IEP team meets annually to review and update the transition plan. The team includes the student, parents/guardians, outside agencies, related service providers, and all other relevant school staff, including the special education teacher, general education teacher, special education director, and a site administrator. Outside agencies, with parent/guardian permission, are invited to attend the meeting to share information and resources available for the student. The team meets annually to discuss and develop goals and objectives based on individual interests and individual needs for each domain. The domains include vocational skill training, post-secondary education,

jobs and employment, and independent living. The team meets annually to review and update the transition plan.

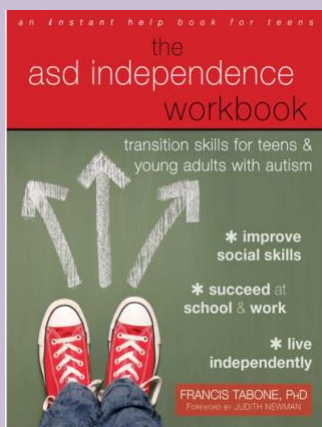
To learn more about vocational rehabilitation services in your area, please see the list below.

The Adult Community Transition Program (ACT) offers services for qualifying Anchorage students ages 18-21. [Click here to learn more.](#)

Department of Labor and Workforce Development: Vocational Rehabilitation (DVR) State vocational training program for qualifying individuals. [Click here to learn more.](#)

Access Alaska Pre-Employment Transition Services (Fairbanks) offers a work readiness program for youth aged 15-21. [Click here to learn more.](#)

Alaska Tribal Vocational Rehabilitation Programs [Click here](#) to view the list of vocational rehabilitation locations and contact information throughout the state of Alaska.



Recommended Resource!

the asd independence workbook; transition skills for teens & young adults with autism, by Francis Tabone, PhD.

This book provides information to support daily living skills at school, home, and work. The main topics include communication, health, hygiene, leisure, and community.

Available for loan through the [Anne Freitag Library at SESA!](#)

Employment Supports

The National Autistic Society reported that the current paid employment rate for autistic adults is 22%. We've put together a list of resources to support employers, autistic employees, and job seekers.

Autistic employee's work experience and overall job satisfaction may improve by accessing workplace accommodations. Workplace accommodations provide reasonable adjustments to the job and/or the physical workplace (Americans with Disabilities Act, 1990). To learn more about **Title I of the Americans with Disabilities Act**, [Click here.](#)

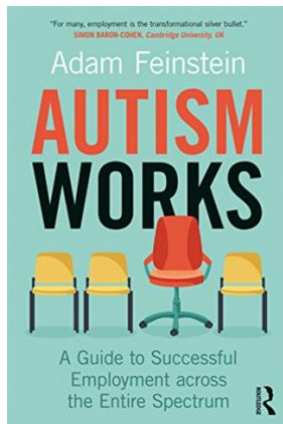
Employers and autistic employees can access accommodation support, including resources, accommodation information, training modules, and more, by visiting the website for the **Job Accommodation Network (JAN)**. [Click here to access JAN.](#)

Additional resources that can be accessed online and include information for employment support are listed below.

The Arc of Anchorage offers employment services, including job placement and on-the-job training. [Click here.](#)

The Autism Society offers a toolkit for professionals and advocates and provides information on competitive integrated employment. [Click here to download your free copy.](#)

Organization for Autism Research offers resources for employers and job seekers! [Click here to learn more.](#)



Recommended Resource!

Autism Work by Adam Feinstein

People with autism are being left behind today, with only 16 per cent in full-time employment. This inspiring book addresses the lack of understanding of the wonderful contributions people across the autism spectrum can make to the workplace, drawing attention to this vast untapped human resource. Employers who create supportive workplaces can enhance their companies by making use of the talents of people with autism while also helping to produce a more inclusive and tolerant society, and people with autism can themselves benefit materially and emotionally from improved employment opportunities.

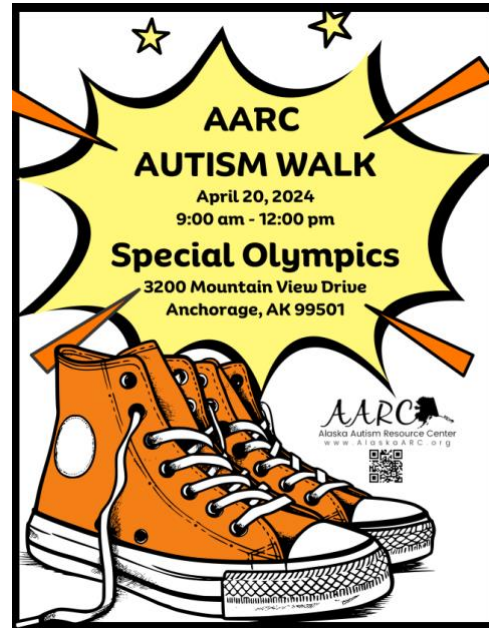
Available for loan through the [Anne Freitag Library at SESA!](#)

Join Us!!

AARC Autism Awareness & Acceptance Walk

April 20, 2024
9:00 AM- 12:00 PM
Special Olympics in Anchorage!

**REGISTRATION COMING
SOON!**



Scan the QR code to complete the Survey!

Enter To WIN!

We would appreciate your help. Answer 5 multiple choice questions, and you will be entered to win an AARC giveaway. *Drawing will take place at the end of the month.

The AARC is planning for events and training in the future! We would like to know what topics you are interested in learning more about! Please scan the QR code or click the link below to complete the survey! Thank you!

[Click here to complete the survey!](#)

Disclaimer

The Alaska Autism Resource Center (AARC) recognizes that there are conversations and passions between the use of person-first language (i.e., "person with autism") and identity-first language (i.e., "autistic person") in relation to autism. In order to respect the diversity of voices within the Alaskan community, the AARC will use both terms interchangeably but will endeavor to use the preferred language in direct communications upon request.
