

Life Planning for Youth with HFA

高功能自閉症人士的生涯規劃

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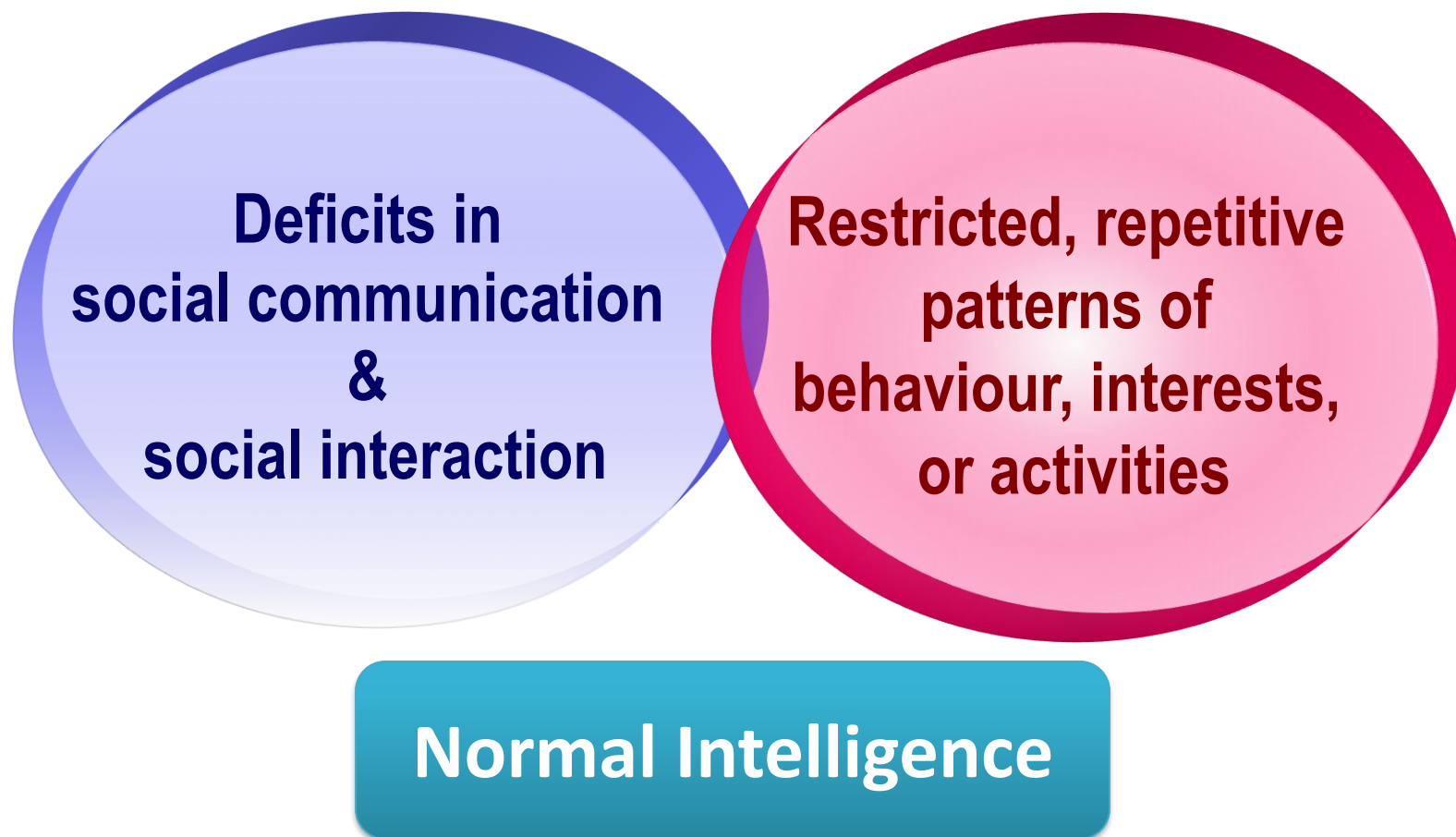
Case Manager

SAHK Youth Development Platform

Overview

- What is HFA?
- Post-secondary challenges of HFA
- Support strategies
- Service overview

HFA



HFA

High Functioning ASD
(Autistic Spectrum Disorders)

高能力自閉症

Associated features

- Sensory integration
- Executive function/self-management
- Emotional/stress management

Post-secondary challenges of HFA

Post-secondary challenges – Tertiary institution

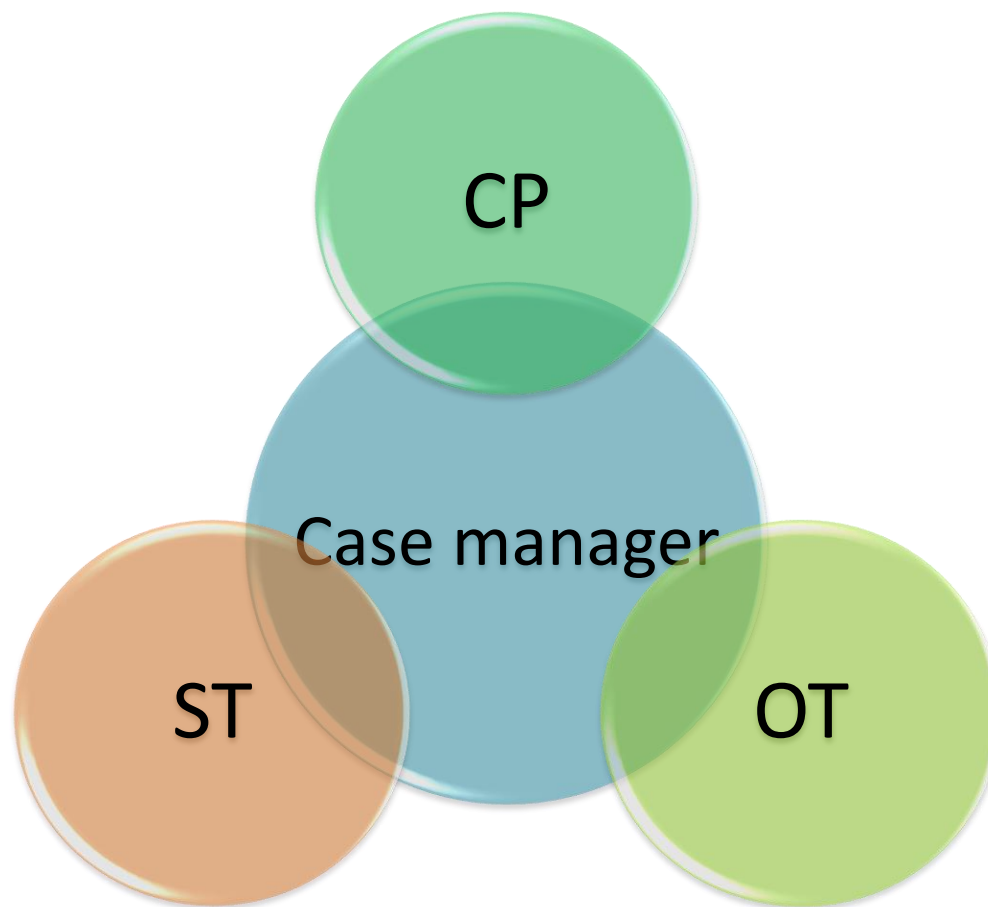
- Difficulties in study/career plan
- Management of study pace
- Time management
- Study skills
- Handling group projects/assignments
- Communication with staff/classmates

Post-secondary challenges – Workplace

- Self-understanding
- Getting the right job
- Interpersonal relationship
- Task management
- Workplace environment

Support Strategies

Case management approach



Case sharing - Peter

- Transiting to a Bachelor degree of IT engineering after DSE
- IQ within the very superior range



Case sharing - Peter

- **Unclear life plan**

→ Clarifying life goal and expectation

→ Understanding personal strengths and weaknesses

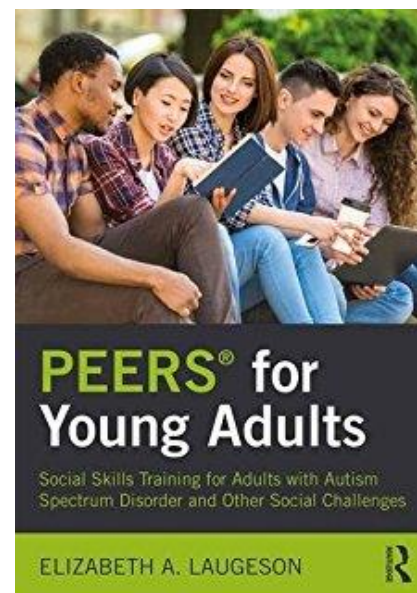
- ✓ OT/ST profile, personal interest and abilities

→ Collaborating with parents



Case sharing - Peter

- **Social communication difficulties**
 - Social skills training programme (PEERS®)
 - Social skills group which tailor made for tertiary institution environment



Case sharing - Peter

- Having difficulties on subject registration
- Late submission on some subjects

→ Executive function coaching

→ Collaboration with teaching staff

- ✓ Academic support

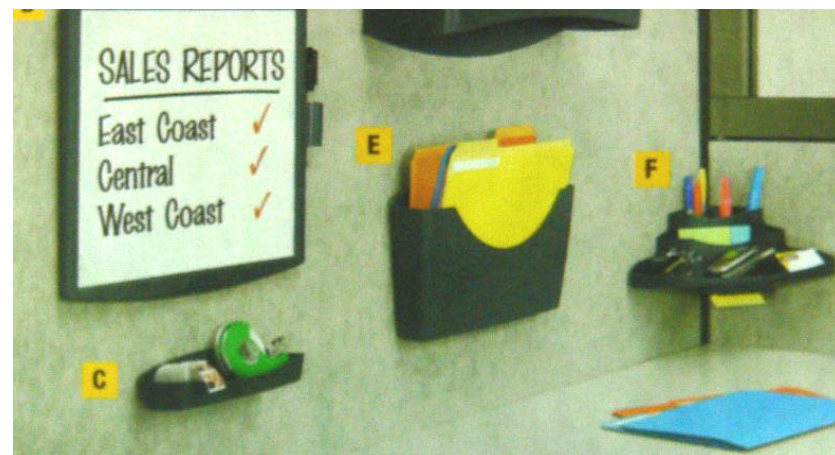
→ Mentorship programme

- ✓ Mentor as a social reference and supportive role

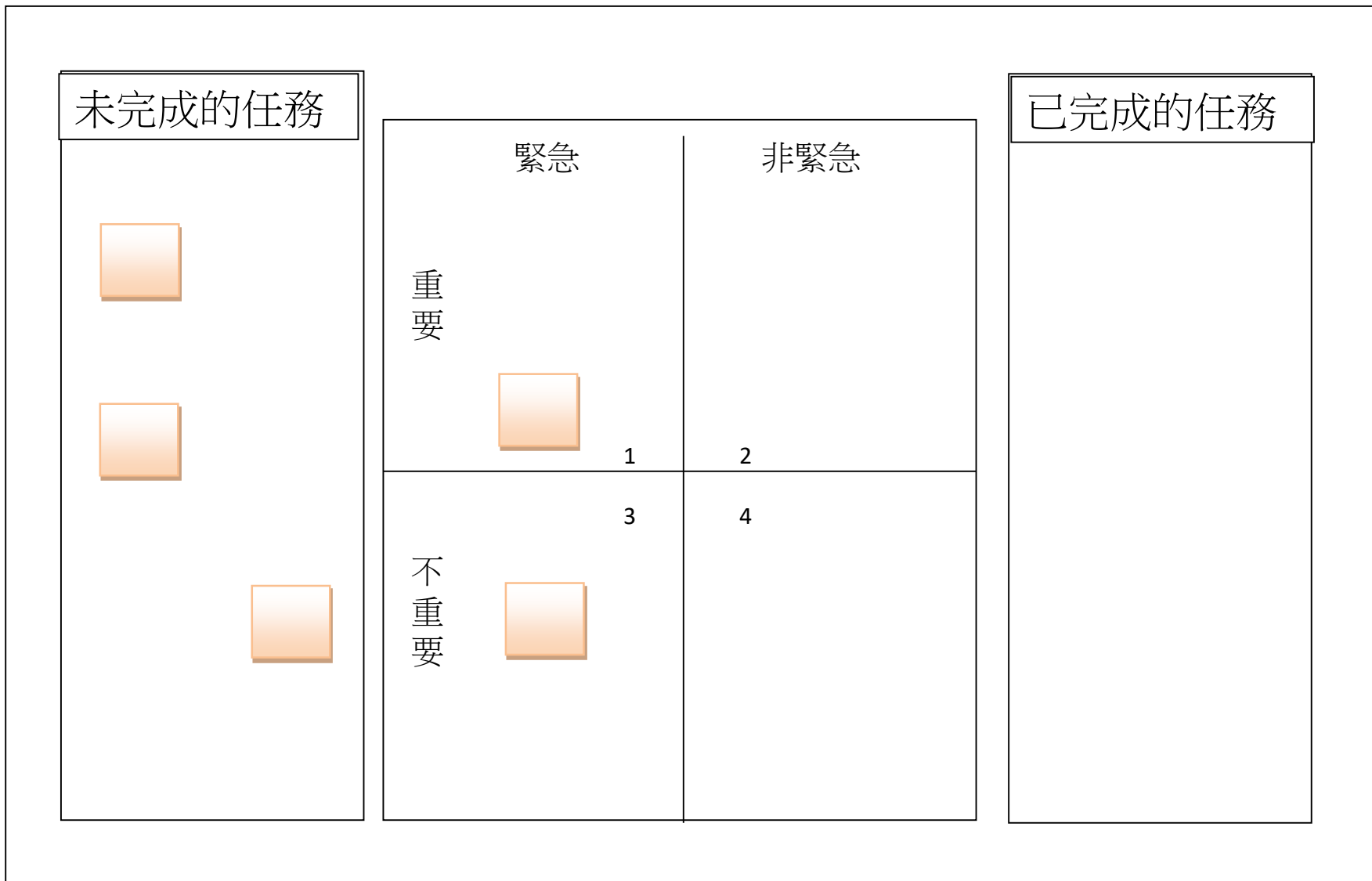


Executive function coaching

- ✓ To do list
- ✓ Checklist
- ✓ Colour coding
- ✓ Coaching and review



Priority Matrix(時間管理優先矩陣)



Case sharing - John

- Working as a clerk in a trading company
- Graduated from Higher Diploma programme



Case sharing - John

- Lacking of working experience

→ Placement programme

- ✓ Task handling skills
- ✓ Workplace communication
- ✓ Work attitude and habits

→ Job matching and crafting

- ✓ Matching right people to the right jobs



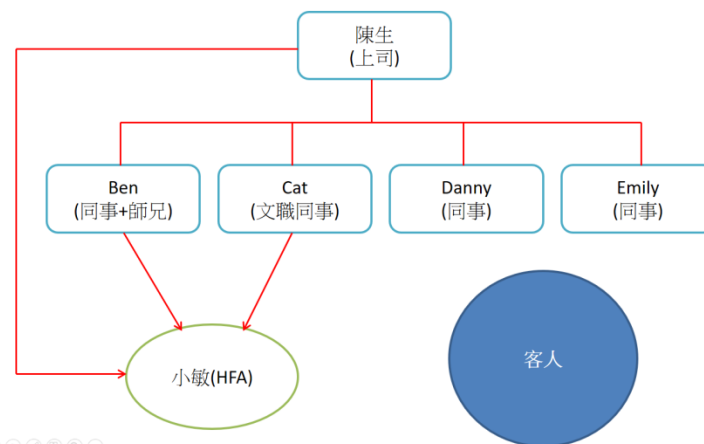
Case sharing – John

- Having conflicts with colleagues
- Unable to seek help from responsible staff

→ Social skills group which tailor made for workplace

→ On-the-job coaching

人際關係架構圖



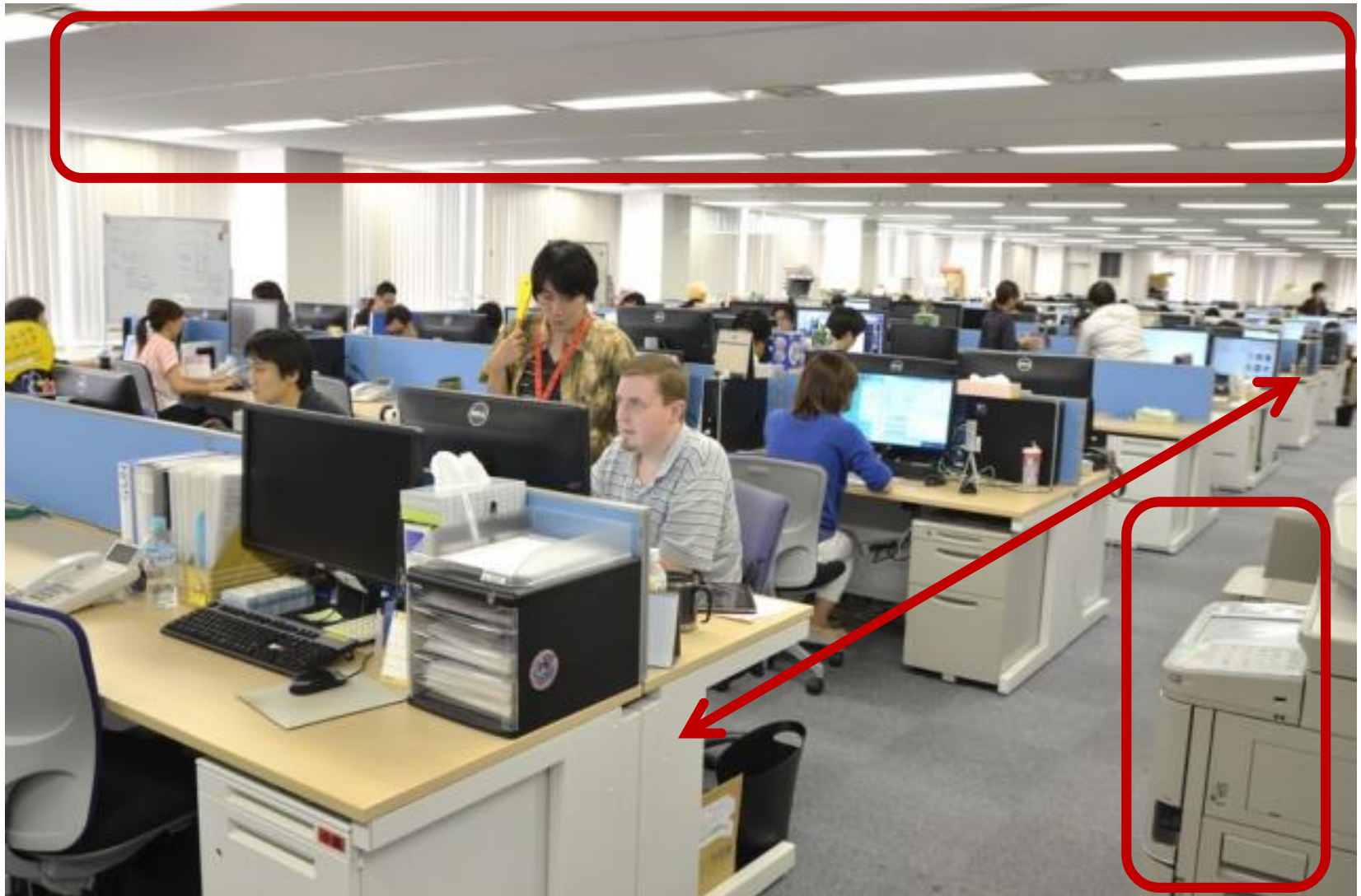
Case sharing - John

- Sit nearby the corridor and copier
- Unable to maintain concentration for most of the time

- ✓ Sensory Integration training
- ✓ Accommodation strategies
- ✓ Workplace modification

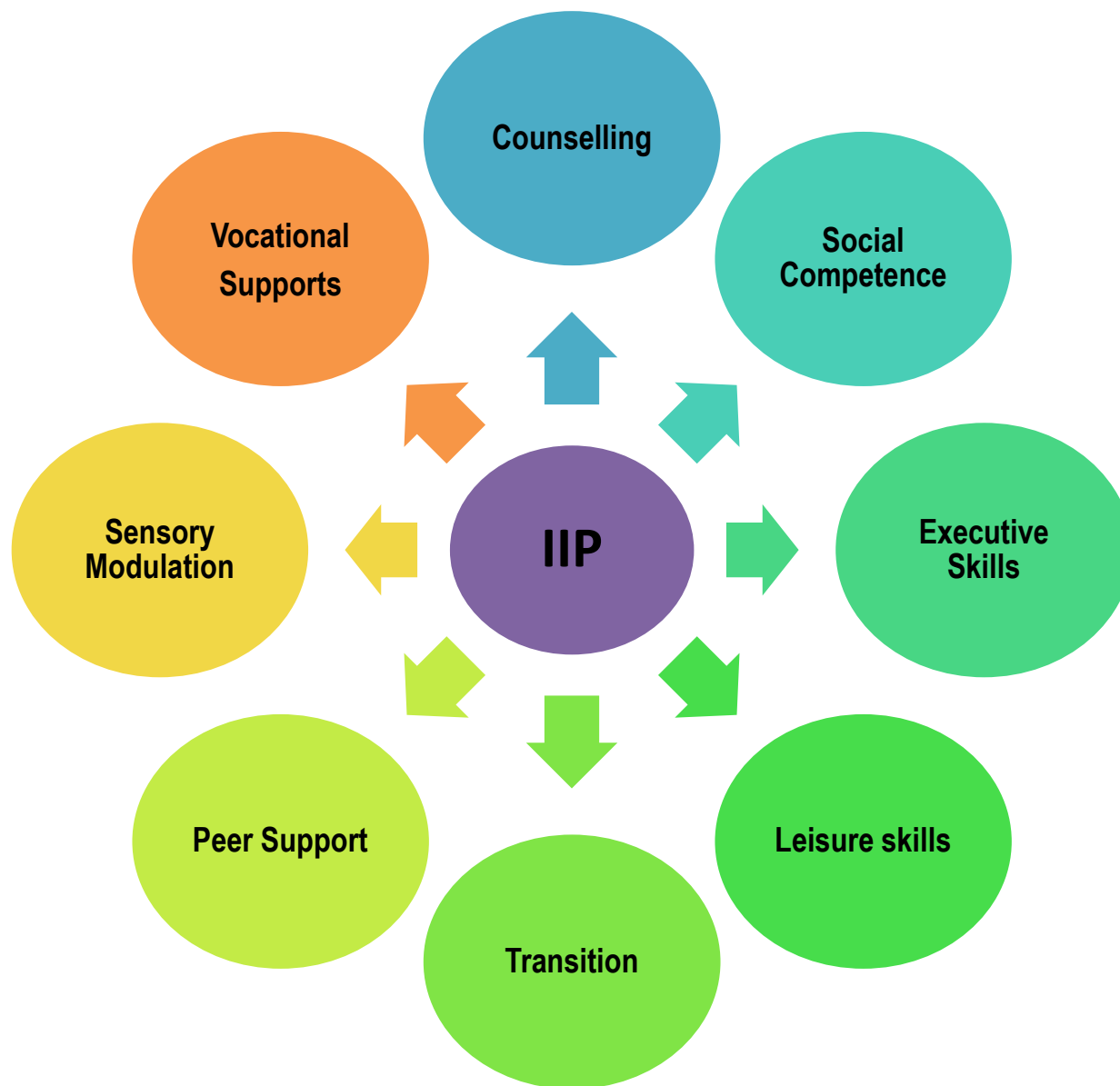


Workplace accommodation



Service overview

The Service



Respect differences...



香港耀能協會青年發展平台 SAHK Youth Development Platform

1. The Pilot Project for Adults with HFA
(「吾懂人情計劃」—高能力自閉症人士支援服務)
Since 2009 till present
2. 'True Colours' Autism Support Service
(「真色珍我」—自閉症人士支援服務)
Since April 2016 till present

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