

LEARNING TOGETHER



Specialized Services At Your Fingertips

IN THIS ISSUE

Introduction

Since we started this newsletter In April of 2020, we have pulled together numerous behavioural strategies to utilize in everyday life. We began with social stories to aid in communicating to those we support why the world has turned upside down. Since then, we have experienced lockdowns and stay at home orders that have changed everything about our daily lives. With all that behind us we have finally arrived at a place where we are preparing for the grand finale. A Covid-19 vaccine that will help the world get back to a place where we can get back to seeing our loved ones and enjoying all that has been missed over the last year.

In this edition we have pulled together a handful of strategies to help our Individuals roll up their sleeves and be a part of getting our world back in together.

Vaccine Preparedness

Here are some tools that you can use when preparing Individuals to receive the vaccine regardless of their comfort level. All strategies listed can be helpful individually but when combined with 1 or more methods can provide an even more effective support plan for vaccine readiness.

Please keep in mind that this is a toolbox of resources to assist in developing a plan for yourself or others and for a plan to be effective it needs to be individualized.

Social Stories:

Research Into the development of social stories state that the sentences should be.

- A) Descriptive** - Identify the context of the target situation
- B) Directive** - describe a desired behaviour in response to a social cue
- C) Perspective** - describe the reactions or feelings in response to a social situation
- D) Affirmative** - express the value of a given context or culture
- E) Control** - provide analogies to promote understanding
- F) Cooperative** - Include Information about who will provide help and how that help will be made available for the Individual

They can be a great tool in communicating plans, unexpected changes, community safety reminders, risks of COVID-19 and how to protect yourself and of course to prepare to get vaccinated.

[Covid-19 Vaccine Social Story Information](#)

[Preparing to Get the Vaccine Social Story](#)

[Covid-19 Children's Social Story](#)

- 1 Introduction
- 2 Vaccine Preparedness
- 3 Social Stories
- 4 Positive Reinforcement
- 5 Visual Schedules
- 6 Tasks Analyses
- 7 Desensitization (Gradual Exposure)
- 8 Activities to do at Home

SLEEVES UP



For Family

When Your Turn Comes,
ROLL UP YOUR SLEEVE
for the COVID-19 Vaccine

#sleevesupON

HOW TO ROLE PLAY GETTING THE VACCINE



READ THE SOCIAL STORY TOGETHER

It is important to read the social story together to help with attending and to encourage the individual to be engaged

MODEL ACTIONS AS THEY OCCUR IN THE SOCIAL STORY

By modelling the different actions (Sitting still, receiving the vaccine, how you feel afterwards), you are allowing for the individual to experience the action visually as well as verbally which can help with understanding and will often help reduce anxiety surrounding the unknown



REHEARSE THE ACTIONS TOGETHER

Having the individual role play along with you is important to aid in understanding as well as encourage a sense of independence and inclusion in the social story

PRACTICE PRACTICE PRACTICE

Read the social story and role play as often as needed before the vaccine appointment



WELL DONE

While social stories are terrific tools to communicate a challenging event, they should not be utilized as the only strategy. Combine with any one of the following strategies to maximize on the success of the Individual you support.

Positive Reinforcement:

Behaviour goes where reinforcement flows!

When developing a new behaviour ensure you are providing appropriate reinforcement. This can be through **positive social praise** "Awesome job following along with our social story!" or praise paired with iPad time (**tangible**) or a small treat (**edible**).

See the [April 8th Edition](#) of the newsletter to learn more about reinforcement.

Be well prepared with an array of reinforcing items/edibles to deliver following receiving the vaccine.

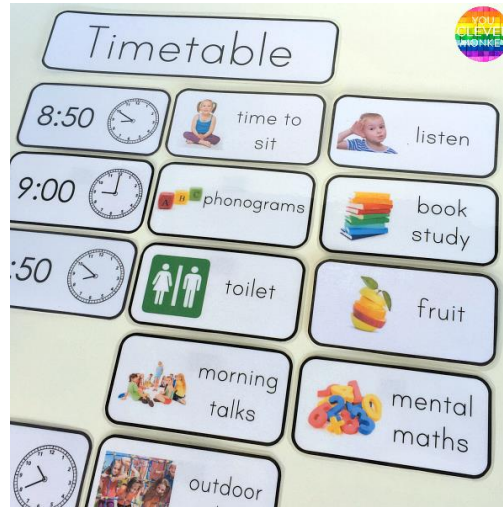
Reinforcement Checklist:

- The reinforcer is valuable to the individual
- You have an array of known reinforcing items (to avoid satiation)
- Deliver reinforcement immediately.
- Pair with specific verbal praise upon delivery



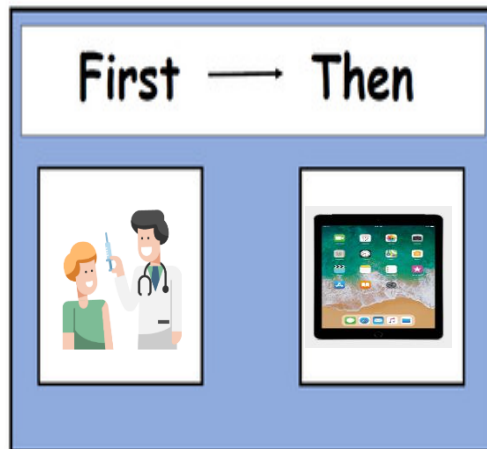
shutterstock.com - 131490975

Visual Schedules:



A visual schedule is a communication tool utilizing pictures, icons, words, or a combination of each to show the sequence of activities for a particular event or period. Check out the [3rd Edition](#) of the Learning Together Newsletter for more great information on visual schedules.

Again, you will need to determine what type of schedule would be most effective. Should there be a schedule for the day of the appointment or just the time of the appointment? Finding the balance between too much information causing stress for an individual or the message being lost with too many activities is the most important aspect of a visual schedule.



How to incorporate a social story and/or role play into a visual schedule.

Using pictures or a written list, indicate what tasks need to be completed before you sit down to read the social story and role play.

These tasks should be common, day to day routines. For example: Shower, Brush teeth, get dressed, breakfast, clean up, practice seeing doctor, then selected reinforcing item.

These schedules can vary in length from 2 or more tasks depending on the individual and must have reinforcement as the last task. All tasks included should be known and completable tasks that will be less likely to provoke challenging behaviour.

On the day of the appointment the social story/role play can be replaced with the actual appointment.

Task Analysis:

Handwashing Routine
Task Analysis



A Task analysis is another method that can be utilized to assist the Individual in knowing all the steps to expect the day of the vaccine. A task analysis will break down the vaccine process into component parts and can also be practiced prior to getting the vaccination.

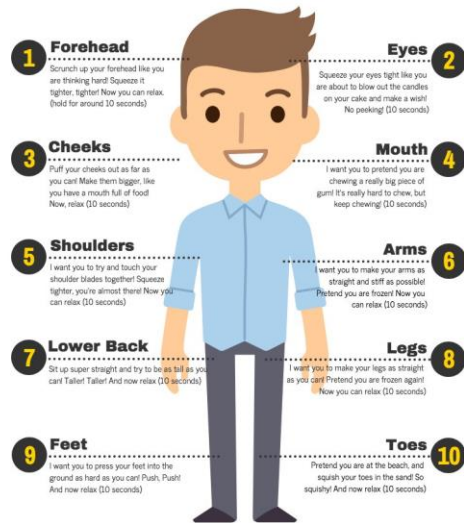
It is important to note, that if possible, collaboration with your health care provider to list out steps they will take while giving the vaccine is beneficial.

Get creative and create a small task analysis that mimics a doctor's office, or where the individual will receive the vaccine at home.

1. Take off jacket
2. Sit in chair
3. See doctor
4. Roll up sleeve
5. Sanitize arm (may be smelly or feel tingles)
6. Doctor pinches arm
7. Deep breath
8. Doctor gives needle (little pinch)
9. Count down, 3, 2, 1
10. Apply Band-Aid
11. Move to waiting area
12. iPad time while waiting for 10-15 minutes
13. Go home!

Progressive Muscle Relaxation

Whole Body Script



Tykes of Tomorrow

The exposure is often paired with deep breathing exercises and progressive muscle relaxation to help individuals remain calm.

Positive praise and preferred items are presented following tolerance of the needle so that they associate it with a positive experience. Gradually over time, as the individual is successful, the needle is brought closer to the individual until they tolerate the injection without challenges.

Note: gradual exposure can take a very long time (months or longer) before the individual is fully tolerating an aversive experience without challenges. It is important to expose the individual slowly and ensure the experiences are positive to avoid setbacks.

The starting point for gradual exposure will be different for everyone. Some individuals may tolerate sitting in doctor's chair and having the needle come within a few inches of their arm, while others may not tolerate even seeing a needle in the room.

Find a plastic syringe, use a band aid, wear a mask when roleplaying to set the scene as close to the real event as possible!

Task Analysis Practice Roleplay

1. Pick a comfortable chair and a quiet space to sit down
2. Enrich the environment with preferred items (e.g., music, movies, etc.)
3. Prompt the individual to roll up their sleeve
4. Prompt relaxation exercises
5. Practice wiping the skin on the upper arm clean
6. Staff say "This is where the needle will go in" while touching the arm with a finger
7. Place a Band-Aid and a cotton swab on the area where the needle would have entered
8. Provide Reinforcement!

So, what can you do on the day of the appointment!!

- Provide access to preferred items
- Model the behaviour!
- Use a High Probability Request sequence to increase cooperation
- Use a First/Then board
- Praise
- Provide Reinforcement!



Search ID: cwin4201
"Pills and medicine are okay, but really doctor, I don't do shots."

Please go to the Vaccination Preparedness [webinar](#) on January 27th at 2pm for a deeper dive into these behavioural strategies and more to become vaccine ready.

Activities at Home During Lockdown

List of Sensory Activities for kids or adults:

<https://www.themomkind.com/12-fun-sensory-activities-for-autistic-children/>

Free online memory games:

<https://www.memozor.com/memory-games/for-adults>

Toronto's Open Source Cookbook:

<https://ontarioculinary.com/toronto-just-got-an-open-source-cookbook-and-its-awesome/>

Healthy Cooking with Kids- Fruit Kebabs- Making fun healthy snacks- create your own:

<https://www.youtube.com/watch?v=FKA35VRlWhk&feature=youtu.be>

Keep active indoors- Beginner exercise video for kids, adults, and people with disabilities:

<https://www.youtube.com/watch?v=IQOilFn0yfc>



Top 5 Vaccine Preparedness Tips

Eat a small snack

Wear a T-shirt

Practice Relaxation Techniques

Set up your environment for success!

Have health card, immunization record and consent form ready



For feedback or questions please email us at: specservicesnews@cltoronto.ca



@CLToronto

cltoronto.ca

Community Living Toronto

20 Spadina Road, Toronto, ON, M5R 2S7 Canada

Phone : 416.968.0650

Charitable registration number : 10769 4143 RR0001

 Ontario

 United Way
Greater Toronto