

Social Stories part 2

Using Social Stories from Adolescence into Adulthood

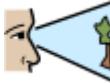
This article follows on from our first 'snippets of advice' information using social stories for early years to adolescence to consider what style of social story can help into adulthood.

Pictorial social stories will still have a place for some adults, it may not be necessary to use symbols for every word but just using them for key parts of the social story may be sufficient. As mentioned in part one, photos may still be relevant for some people. Here is an example below using widgit symbols:


Going to the

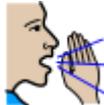
doctors

If  I  feel unwell sometimes  I will 

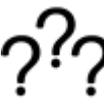
need to  see a  doctor.  I will 

need  to go to the doctor's  surgery.

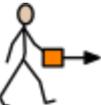
When  I get to the  surgery  I will 

sit and  wait until  my  name is 

called out.  I will  go into the  doctor's 

The  doctor might  ask  me some 

questions. The  doctor might take  my 
 blood pressure and  listen to  my 
 heart and  my  breathing with a  stethoscope.

Sometimes the  doctor might  give  me a 
 prescription to  take to the 
 chemist to get some  medicine. The 
 medicine will  help  me get  better.

Jane and I attended an Inclusive Communication Day and Dr. Timmins discussed moving into adulthood and still using social stories as a tool for individuals to look back at what they have achieved. She calls it a 'bank of positivity' to talk through the day to defuse problems and anxiety. She then suggested moving on to using a 'social article' for new situations. This gives individuals the techniques to help them organise themselves and their thoughts.

A social article could be used in a variety of situations to include the following:

- Meeting at college.
- Interviews and to deal with situations in the workplace whether it is voluntary work, a job or apprenticeship.
- Life stories to help deal with illness and bereavement
- Starting a new hobby such as going to the gym, joining a club
- Health and wellbeing – visiting the dentist or GP

The situation they need support with is discussed with the individual and when planning, photos and symbols may still be used to enable a social article to be written up for them in an accessible format. Writing in the third or first person will be dependent on the topic and what you know works best for the person. It is written in columns to resemble a newspaper or magazine article.

<p>Going to the Doctors</p> <p>Sometimes I might feel unwell with a cold and after a few days I feel better. Other times I might need to see a doctor. If I feel unwell it is important to tell my carer and they can advise me whether I need to see a doctor. A doctor is also called a GP and I may need to visit them at the surgery. I will call up to book an appointment. When I visit the surgery, I usually have to speak to the receptionist and sit and wait my turn to see the doctor. I will wait to be called. It is helpful to have something to do while I wait. I can read a book or a magazine. When the doctor is ready, they may come and call me into their room, or my name might come up on the display screen and it will tell me which room to go to.</p>	<p>The doctor will ask me lots of questions sometimes it might be easier for me to write down what is wrong to show them. The doctor will usually examine me. They may take my blood pressure, they will put a blood pressure cuff on my arm, and this will squeeze my arm for a short while. They may listen to my breathing and my heart and use a stethoscope. After the doctor has examined me and asked me questions, they will tell me why I feel unwell and might give me a prescription which is like a note. I will take the prescription to the chemist to get some medicine to help me feel better. Usually the visit will last 10 minutes and when the doctor has finished it is time for me to leave.</p>
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The individual may still need this printed out to read but possibly may benefit from this being put on their mobile phone to enable them to discreetly read this when needing reassurance.

I appreciate that this resource may not suit every adult, but I wanted to share this with you in the hope it may help some. If you need any support with producing a resource such as this, please do not hesitate to contact me directly caroline@fragilex.org.uk

References

The New Social story Book by Carol Gray

Developing Resilience in Young People with Autism by Dr Siobhan Timmins

Successful social articles into adulthood by Dr Siobhan Timmins