

AUTISM IN ADULTHOOD: KEYS TO SUPPORTING AND PROMOTING AUTONOMY

For families, caregivers, and professionals supporting autistic adults

Empower autistic adults with respect, practical tools, and a person-centered approach

Duration : 4 hours	Modules : 4 modules
Lessons : 12 lessons	Audience : Families, caregivers, support workers, healthcare professionals
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This comprehensive training provides a clear understanding of autism in adulthood and its impact on daily life, professional environments, and relationships. You will learn to identify the specific needs of autistic adults, support their autonomy without infantilizing them, and create environments conducive to their well-being. Through practical strategies and concrete tools, including DYNSEO's CLINT application, you will be equipped to support autistic adults in their life projects, social integration, and personal balance. The focus is on autonomy, self-esteem, and social inclusion, providing you with respectful, caring, and effective solutions for daily support.

Module summary

MODULE 1	Understanding Autism in Adulthood	3 lessons
MODULE 2	Supporting Autonomy	3 lessons
MODULE 3	The Role of the Entourage	3 lessons
MODULE 4	DYNSEO to Support an Autistic Adult	3 lessons

Learning objectives

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- Understand autism in adulthood: diversity of profiles, professional and relational challenges
- Identify specific support needs: adapted environment, organizational support, supportive social network
- Develop appropriate, respectful communication strategies
- Establish a balance in daily life: obligations, rest, leisure, sensory needs
- Value passions and interests as levers of motivation and social integration
- Support adults without infantilizing them, while respecting their autonomy and identity
- Prevent isolation and boost self-esteem
- Discover how DYNSEO applications (including CLINT) can stimulate cognition, promote independence and boost confidence

General information

Duration	4 hours
Target Audience	Families, caregivers, support workers, healthcare professionals working with autistic adults
Prerequisites	None
Pricing	Upon request - VAT not applicable (Article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion provided

Lesson 1 - Autism in Adulthood

- How autism manifests throughout life and evolves with age
- Sensory particularities that persist into adulthood (hypersensitivity to noise, light, need for routines)
- The diversity of autistic profiles and individual levels of functioning
- Understanding that autism involves both challenges and remarkable strengths
- Recognizing skills such as creativity, perseverance, exceptional memory, and specialized expertise

Lesson 2 - Professional and Relational Challenges

- Common obstacles encountered during recruitment and job interviews
- Difficulties at work: noisy environments, unclear instructions, unexpected changes
- Understanding implicit social codes, nuances, and irony in relationships
- The desire for connection despite communication difficulties
- Practical accommodations that can reduce professional obstacles

Lesson 3 - Specific Support Needs

- Environmental adaptations to reduce sensory overload
- The importance of clear and direct communication without ambiguity
- Support for administrative procedures and organizational tasks
- Building social and emotional support networks
- Finding communities with shared interests and the role of support associations

Lesson 1 - Adapted Communication Strategies

- Use clear and direct language without insinuations or irony
- Provide concrete and specific instructions rather than vague directives
- Allow processing time for responses and understanding
- Integrate visual and written supports to complement verbal communication
- Practice active listening and bidirectional adaptation in communication style

Lesson 2 - Finding Balance in Daily Life

- Structuring time with visual schedules and organizational tools
- Energy management: alternating periods of effort and rest
- Creating a suitable environment at home and work
- Reducing sensory stimuli (noise, light) and establishing fixed reference points
- Balancing obligations with enjoyable activities and knowing when to ask for help

Lesson 3 - The Importance of Leisure Activities and Interests

- Understand 'special interests' as strengths rather than obsessions
- Use leisure activities for stress management and emotional regulation
- Create social connections through shared interests and activities
- Develop self-esteem through areas of competence
- Transform passions into potential professional opportunities

Lesson 1 - Supporting without Infantilizing

- Understand the balance between support and autonomy and why infantilization occurs
- Provide tools and guidance rather than ready-made solutions
- Value successes and build self-confidence through experience
- Respect personal choices even when they differ from expectations
- Encourage progressive responsibility-taking with small, achievable steps

Lesson 2 - The Importance of Family Support

- Family as a source of emotional security and unconditional acceptance
- The role of encouragement in highlighting strengths and abilities
- Concrete forms of support: administrative help, accompaniment, active listening

- Communicating effectively: listening without judgment, respecting choices
- Finding the right balance between helping and fostering independence

Lesson 3 - Breaking Isolation and Fostering Self-Esteem

- Understand the risk of isolation for adults with differences
- Maintain and build social connections through various activities
- The power of recognizing small daily successes
- Create and foster caring, non-judgmental environments
- Focus on strengths and talents to build a sense of belonging and personal value

MODULE 4

DYNSEO to Support an Autistic Adult

3 lessons

Lesson 1 - Clint, Your Brain Coach

- Introduction to Clint: over 30 games for cognitive stimulation
- How Clint works on memory, attention, language, logic, and general knowledge
- The judgment-free, pressure-free approach to learning
- Remue-Méninges game: practicing proverbs to understand subtext and figurative language
- Flexibility to play alone or accompanied, at your own pace with short, playful games

Lesson 2 - DYNSEO Online Tools

- Discover practical DYNSEO tools designed for autistic adults
- Support sensory needs and prevent overload with structured and visual tools
- Improve communication and learn to identify, express, and manage emotions effectively
- Develop executive functioning skills through planning aids and step-by-step guides
- Reduce anxiety with calming strategies and visual supports for greater autonomy

Lesson 3 - Key Takeaways

- Review the essential concepts: autism as a lifelong condition requiring personalized support
- Recognize and value strengths as much as challenges
- Use clear and adapted communication while supporting autonomy without infantilizing
- Maintain a healthy balance and leverage special interests as tools for growth
- Reduce isolation, encourage meaningful connections, and take action with practical strategies

Teaching methods

- Self-paced online training accessible 24/7
- Interactive lessons with practical examples and case studies
- Downloadable resources and practical tools
- Introduction to DYNSEO's CLINT application with hands-on guidance
- Final assessment quiz to validate acquired knowledge
- Certificate of completion upon successful course completion