

	<i>InAutism – Fostering Adult Integration</i>	MOD: 010/00
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INDIVIDUAL SOCIO-EDUCATIONAL PLAN REPORT

I. LEARNER INFORMATION

Enrolment Date:01-04-2021

Registration Number
L001

Learner's Name Pedro

Date of Learner's Individual Socio-Educational Plan:05-07-2021

Date of the Individual Socio-Educational Plan Report:01-02-2023

II. INTERESTS AND SKILLS OF THE LEARNER

Brief Description of the Learner's profile and skills

Pedro is a youngster that has been diagnosed with autism spectrum disorder. He expressed to want to improve his skills of social interaction, his capacity of expression, either in verbal and non-verbal communication, and also find it easier to understand others and to communicate with them. The Learner wants too to improve his capacity to be resilient to frustration through the learning of techniques that help him to cope with situations of annoyance or high levels of anxiety.

He reveals some strenghts:

- Understanding of some emotions
- Understanding of basic oral language
- Expresses interests, tastes and needs
- Some skills at reading, writing and arithmetic tasks
- Good accurate motor skills

And also some weak spots, in need of accurate intervention:

- Interpretation of non-verbal language
- Focus on his own areas of interest
- Reduced attention/concentration span
- Some difficulty with emotional management

III. ANÁLISE DO CUMPRIMENTO DOS OBJETIVOS

Model: **Personal and Social Development**

Objectives	Objectives Accomplishment	Observations
- self-esteem improvement	Accomplished	Pedro can already recognize many of his personal characteristics, including many qualities.
- Self-confidence improvement	Accomplished	After being able to recognize his personal qualities, Pedro began to be more confident in himself and in his abilities. Shows less insecurity and less fears compared to the beginning phase of the intervention
- Communication with others adjustment	Accomplished	After the intervention, a change was observed in the communication that Pedro uses with the other ones, being able to listen to what is transmitted for a longer time and already being able to interpret some aspects of non-verbal communication

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- Anxiety in moments of high agitation control	Partially Accomplished	Pedro can already recognize many of the situations that make him more anxious and agitated, as well as refer to the strategies he should adopt in these moments. However, in real context situations, he still cannot always apply them.
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Model: Musictherapy

Objectives	Objectives Accomplishment	Observations
- Appropriate body expression manifestation	Accomplished	It is observed that the Learner is now able to express himself more easily, using music to facilitate body expression
- Attention span and concentration increasing	Not Accomplished	Pedro was not able to increase his capacity for attention and concentration. Despite remaining attentive for a few minutes during tasks, especially on new tones, he loses focus during the course of activities. It remains important to work on this goal

Model: **Therapeutic Horseback Riding**

Objectives	Objectives Accomplishment	Observations
<ul style="list-style-type: none"> - Behaviour adaptation while staying in new places 	<p>Accomplished</p>	<p>The youngster can now easily recognize all the rules of the arena - the rules of relationship with coaches and animals in this context.</p>
<ul style="list-style-type: none"> - Postural patterns correction 	<p>Not Accomplished</p>	<p>He maintains some rigid postural standards, with no positive response to the strategies that were implemented in the sessions</p>

Model: Therapy in an Aquatic Environment

Objectives	Objectives Accomplishment	Observations
- Breathing control increment	Accomplished	A more adequate respiratory control was observed in the context of an aquatic environment, corresponding to the objective to be achieved
- Tonic-postural control improvement	Not Accomplished	Similar to what was observed in therapeutic horseback riding, the Learner maintains some very rigid postural patterns, with a lot of hypertonicity
- Flexibility increasing	Partially Accomplished	Despite an improvement in the Learner's flexibility, this increase is very slight and does not correspond to the impact that had been initially foreseen

Conclusions/Recommendations:

Taking on account the several diverse evaluations made to Pedro, kicking-off with the diagnostic evaluation within which it was possible to forward him to the application of the various Intervention Methodologies, we perceived the occurrence of significant improvements in the Learner's behaviour.

Specifically for Pedro, it was defined a Socio-Educational Plan with diverse objectives to be attained, taking on account his own characteristics, his stronger and weaker domains, the youngster and family expectations and the technical report of the evaluation team.

After analysing all the Learner's participating journey, we can conclude that all the procedures applied and work done had a very positive impact in Pedro's life, through his learnings and skills acquired. The majority of the objectives were accomplished.

Through the strengthening and restructuring of Pedro's skills he emerged as a youngster that demonstrates an easier relationship with others, increased communication skills, a greater ease in self-regulation and a better self emotional management. Pedro showed to all an increase in openness regarding socializing and being with new acquaintances, listening to them and speaking about matters that are not included in his close interest domains.

Summing it all up and as future recommendations we suggest the family involvement - they must be part of the family strategie devised. So, it is mandatory to train them with some technics that support the Learner integration in the family daily life in order to consolidate the educational process he has been submitted to, through his participation in the IA-FAI project.