

TOOL 11 - HOME ASSIGNMENTS**Module: ALL
Worksheet****Objectives:**

Homework assignments play a vital role in supporting autistic individuals on their journey toward greater independence, self-management, and personal growth.

Practicing and applying what they learn each day in ways that honour their unique strengths, needs, and perspectives.

These assignments serve as bridges between learning and living, turning knowledge into meaningful action.

Materials required:

Books and pencils.

Step by step facilitation instructions:

Base the home assignment on the tools they have practiced in the day's session.

Be concrete and provide different examples of ways to solve the home assignment.

Tell them about the purpose of doing home assignments in between the sessions.

Ask either a few or all of them to define and say their home assignment before leaving the room.

Inform them that home assignments are serving as a bridge between the sessions and their everyday life and coming work position.

Make sure to provide home assignments that will involve all stages of the methodology, if possible, the initial interview, the job and skill matching and the coaching methodology.

Craft assignments to be meaningful, achievable, and enjoyable, encouraging participants to stretch their comfort zones in exciting and rewarding ways.

Focus on making tasks feel relevant to each person's life and aspirations, fostering intrinsic motivation.

Expected duration

10 minutes

Expected outcomes

Greater independence, self-management, and personal growth.

Deepening the learning and understanding of the tools and integrating new and more beneficial patterns in their lives.

Opportunities for empowerment, self-esteem and celebrating small wins and progress at the individual's pace.

Over time, consistent practice leads to meaningful, lasting changes in behaviour and mindset.

Taking thoughtful, intentional action.

Practicing real-world skills, building resilience, and involving trusted people in their growth journey.

empowering them to lead their change process with autonomy and confidence.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress

CHECKLIST

- I understand the purpose of home assignments:
- I make sure everyone has been given a home assignment before they finish the session: