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Poster abstract

Online education autism for parents and digital coaching for adolescents with autism

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Abstract

Introduction: Dr. Leo Kannerhuis is a psychiatric centre specialized in autism. Our clients are primarily children and adolescents. Enhancing the empowerment of people with autism is our primary goal.

In addition to the empowerment, participation of parents in the treatment of their children is an important aspect within our treatment programmes.

Digital coaching

We have developed Dunov, a digital coach on a mobile device, such as an iPod or smartphone. Using the device should enhance empowerment, lead to improvement of quality of life and reduces the need for lifelong personal support.

Aims and objectives: We developed these mobile coaches for travelling with public transport, for school and in the near future for support on the job.

Result: In addition to these standardized coaches an online version has been developed that's tailor-made; users write their own coach for structuring their day and keeping overview of tasks.

Conclusion: Mobile support with digital coaching improves participation in society.

Online education autism for parents

Aims and objectives: Dr. Leo Kannerhuis offers parents psycho education lessons to provide them with a better understanding of autism. However, experience taught us there is need for more flexibility and accessibility when it comes to education.

Results: Therefore, we have expanded our classroom-style meetings with online lessons. By offering a combination ('blended learning') more time is available for discussion between parents and course leaders during the classroom meetings. Each online topic: 1) 'what is autism?', 2) 'autism in your head' and 3) 'autism, what can you do?' is followed by a classroom meeting. The online lectures contain informative visual presentations (with photographs, images and keywords) supported with a voice-over, combined with video- and audio fragments and a quiz.

Conclusions: The online education at home leads to better-prepared parents at the start of the classroom meetings. These meetings can now focus much more on the interaction between parents and on intensification of autism related themes.

A welcome side effect from the online lectures is that some parents use it for informing their family, neighbours or others around their child to let them know what autism is and means.

Keywords

digital coach, autism, mobile support, empowerment, online psycho education
