



# Assisting with Self-Care

## Course Overview:

*Assisting with Self-Care* is the beginning to learning how to assist an individual with ASD in their day-to-day care. This module discusses eating, dressing, grooming, toileting, household chores, and safe sexuality.

## Who Should Take the Course?

This module is designed for all individuals that wish to become respite supporters, or those who wish to gain a base knowledge of how to assist an individual with ASD in their daily self-care routines .

## Course Objectives:

The purpose of this module is to help you understand your role as a support provider in the daily self-care needs of someone with ASD.

In this module you will learn:

- The definition of self-care
- To understand your role when assisting with self-care
- Strategies to assist with self-care
- To plan for self-care in public places
- To support sexuality awareness

## Evaluation Process:

At the end of this module, there is a test. Participants that do not achieve 75% can review the module content and try as many times as necessary to advance and complete the course.

***Upon successfully completing this module, there is a printable certificate for your records.***

## Course Duration:

This online module is self-paced. Participants may leave the module at anytime and can resume at any time to complete. The duration will depend on the individual participant and their prior knowledge of the subject matter. On average, the module will take approximately 1 hour to complete.