

My ASD Journey Planner

DECIDING MY FIRST CAREGIVER STEPS



DAY 01

Today was a lot to take in! Planning out daily tasks can help caregivers feel less overwhelmed while they learn how to adjust a new role. Using this planner can help you break down your next steps for **Reflection**, **Action**, and **Rest**!

Reflection: What direction do I want to head next?

My Next Actions:

1. *Talk with my family and friends.*
- 2.
- 3.
- 4.

Rest:

Today was a big day! Plan some time alone or with your favorite hobby to recharge your energy.



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DAY 02

Day Two is a great time to start reflecting on how you feel. It's very normal to feel a mix of emotions after a diagnosis! Some people feel relief, anger, frustration, excitement, or any one of these feelings combined. That's ok!

Reflection: How do I feel about this diagnosis?

My Next Actions:

1. *Is there someone I trust that I could talk to about how I feel?*
- 2.
- 3.
- 4.

Rest:

How you feel is important. It's normal to feel intense emotions after a diagnosis. Honor these feelings! It's hard to learn while you are still in the middle of experiencing feelings. Let them roll!

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DAY 03

Day three is when things might really start to sink in. Sometimes a pediatric chronic condition diagnosis can change family dynamics. This can be stressful, but is normal. Working to find new balance together will take a little time!

Reflection: Do I have concerns about my family's dynamics changing? How can I help this process work its self out?

My Next Actions:

1. *Check in with my other family members.*
- 2.
- 3.
- 4.

Rest:

Caregivers are people, too! You need rest, food, and time to recharging just like everyone else. Start thinking of ways to get in breaks and time to yourself during the week.



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DAY 04

Day Four is whatever you need it to be. You have a lifetime to learn and feel curious. Many people want to know more about how to connect with their child who has ASD. Early Intervention (E.I.) services can help you learn new skills for connecting together!

Reflection: Where can I get information about ASD treatments? What are they like?

(Hint: Early Intervention services!)

My Next Actions:

- 1. Find out more about Early Intervention services in my area!*
- 2.*
- 3.*
- 4.*

Rest:

You don't have to do this alone. Get support. This is a great time to make new friends and build community. Your family and many others are undergoing the same experience!



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DAY
05

Day Five is time to reflect. Did this diagnosis change how you see your family's future? How so? How you feel about that change over time? Do you feel more clarity? Do things make more sense now? Reach out to people you trust and talk through what you're experiencing. Feeling "ready" to understand ASD can take time!

Reflection: A pediatric diagnosis can be a lot to take in.

My Next Actions:

1. *Schedule time to talk with my family about what we want to learn together.*
- 2.
- 3.
- 4.

Rest:

You're doing a great job! Remember two really important tips as you move forward: Pace yourself & Rest often. A burnt out caregiver is not able to help others. Pay attention to your own health and needs.
Ask for help early and often!



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FEELINGS CLARIFICATION TOOL



A pediatric diagnosis can be hard for a family to accept. Some people feel a "loss" over what they expected for their child. These feelings are normal! Although many cultures do not talk about emotions, it's important to acknowledge that emotions are an important part of being human. It's normal to feel intense, conflicting emotions after a diagnosis! For some people, clarifying how you feel can help you process the moment. Use this tool to start discussions with your family. Circle or point to the emotions you're feeling below:

FOR USE ANY DAY

RIGHT NOW I FEEL:

<i>Amused</i>	<i>Faithful</i>	<i>Isolated</i>
<i>Angry</i>	<i>Fear</i>	<i>Joy</i>
<i>Appreciative</i>	<i>Frustrated</i>	<i>Loss</i>
<i>Aware</i>	<i>Grateful</i>	<i>Optimistic</i>
<i>Clarity</i>	<i>Grief</i>	<i>Overwhelmed</i>
<i>Confident</i>	<i>Guilty</i>	<i>Peace</i>
<i>Confused</i>	<i>Helpless</i>	<i>Proud</i>
<i>Discouraged</i>	<i>Hopeful</i>	<i>Relief</i>
<i>Energetic</i>	<i>Hurt</i>	<i>Skeptical</i>
<i>Excited</i>	<i>Insecure</i>	<i>Understanding</i>



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VALUES CLARIFICATION TOOL



When experiencing a new challenge, it can be helpful to reflect on your strengths. You and your family have many strengths! Take some time to reflect on what your family values and how this guides your decision making.

FOR USE ANY DAY

MY FAMILY STRENGTHS & VALUES:

<i>A Team</i>	<i>Fair</i>	<i>Incredible</i>
<i>Balanced</i>	<i>Flexible</i>	<i>Kind</i>
<i>Bold</i>	<i>Focused</i>	<i>Motivated</i>
<i>Communication</i>	<i>Gracious</i>	<i>Open Minded</i>
<i>Confident</i>	<i>Growth</i>	<i>Patient</i>
<i>Connected</i>	<i>Hard Working</i>	<i>Peaceful</i>
<i>Creative</i>	<i>Helpful</i>	<i>Positive</i>
<i>Dedicated</i>	<i>Honest</i>	<i>Respectful</i>
<i>Determined</i>	<i>Humble</i>	<i>Social</i>
<i>Enthusiastic</i>	<i>Independent</i>	<i>Wise</i>
