

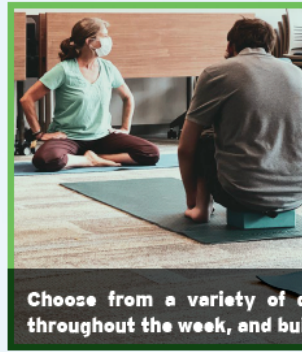
# AU FULL LIFE ACADEMY

The central graphic features the text "AU FULL LIFE ACADEMY" in large, bold letters. Below the text is a row of eight circular icons: a house, a key with stars, a lotus flower, a bus, a wallet, a brain, a group of people, and a link symbol. The background consists of three overlapping images of students: one working at a desk, one in a lab setting, and one in a garden.



## WHAT IS THE FULL LIFE ACADEMY?

The **Full Life Academy** is a personalized, goal driven, learning opportunity comprised of a variety of classes and experiences in a supportive environment. These unique classes are designed to interconnect with each other and integrate 8 core foundations of a full life (*My Place, Fun and Talents, Wellness, Getting Around, Earning Your Way, Connections, and Community Engagement*). With each class students can expect to hone their skills, enjoy meaningful experiences, interact with peers, and build new relationships all while reaching new personal goals and milestones.



Choose from a variety of different classes, from 9a - 5p throughout the week, and build a schedule that works for you!



## EIGHT CORE FOUNDATIONS OF A FULL LIFE



We all need a place to call home; a place that is our own, that offers comfort, safety, sanctuary, nourishment and nurturing. Home can be a place we care for, just as we care for ourselves.



Spending time doing fun activities energizes our minds and nurtures our spirits. Everyone has different interests, and by sharing our experiences with each other, we might discover new activities and interests.



Wellness has to do with how we care for ourselves physically, spiritually, and emotionally. It is important to take a look at any needs we may have taking care of our mind, body, and spirit



We all need the ability and skills to get around - walking, driving, public transportation, riding a bike, etc. Getting around helps us keep from being isolated and enables us to connect with others.



We all need a network of people to support our Hopes & Dreams. When we look at our networks of support, we can begin to see how people play an important role in our lives and can be supportive in new ways.



Advocating for ourselves is an essential part of a full life. It is also important to give back. Expressing our rights and showing responsibility contributes to lasting and meaningful community connections.



We are learning - all the time. To reach our Hopes & Dreams, we need to continue learning in all areas - from gaining skills for jobs to personal care. We can always gain knowledge about the world around us.



Building fulfilling careers and managing our finances are both important parts of having a full life. By taking ownership of our money and how we spend it, we can ensure that we are able to support our Hopes & Dreams.



## FULL LIFE FOUNDATIONS

We all have aspirations, desires, and ambitions to better ourselves and our lives by making improvements in our lifestyle. In this class, we'll assess individual skill levels and coach students to improve executive functioning skills using peer-to-peer support, organic teachable moments, practical life scenarios, visuals and other tracking resources. You'll learn how to optimize your life by setting goals, managing your time, developing a vision, and building a network of peers.

## FULL LIFE CONNECTIONS

Full Life Connections is a comprehensive social skills class that provides students the opportunity to meet new people, find common interests, and enjoy fun activities with peers. In this class students will be taught how to improve executive functioning skills, team building, effective communication, and problem solving.

## READY, SET, GOALS!

Goal setting is an essential aspect of personal and professional growth. It enables you to see a path towards an achievement. This class will provide an in-depth dive into setting, planning and executing your personal goals. Students will utilize our specialized software with instructor support, while working alongside peers.

## MY PLACE

Having our own space makes us feel good, but it can also be a lot to manage. Through guided lesson plans and facilitation that focuses on individual skill levels we will use scenarios, peer feedback and teachable moments to increase safety awareness, home management skills and problem solving across the home setting (environment). My Place will also support short term and long term goal setting (as a way to plan for future independence and community living; with a focus on living options, safety, self-advocacy, budgeting and individual skill development).

## COOKING BASICS

Participants learn to build skills toward independence in healthy meal planning, reading and following a recipe; and kitchen safety. Participants will learn how to use these skills to make a healthy snack, breakfast, lunch or dinner.

## GARDENING

Learn how to plan and plant a garden. Participants will learn what tools they need, what plants are best for growing in our region, garden design, and garden maintenance. This class will also teach students how to create a web building platform that will allow them to document their gardening experience.

## NAVIGATING RELATIONSHIPS

Relationships can be tricky but also rewarding. Through guided reflection, group discussions, and activities, we'll explore how relationships can be challenging for all of us. As a result of this course, participants will be able to describe and practice various strategies to navigate complex social relationships, situations, and scenarios. Some of the selected topics will include social media, dating/romance, and identity.

## YOGA

Students will learn strategies for inner calming using breathing and stretching techniques while finding ways to incorporate Yoga in daily life. We will provide participants with a yoga mat or they may participate in a chair.

## TECHNOVATIONS™

Technovations™ is a guided exploration of commonly used software and relevant technology. The class is directed by individual interest, ability, and need. These sessions will encourage students to learn the software and tech tools within their own sphere of influence and personal life.

## PLUGGED-IN

Plugged-In is a comprehensive technology class that uses a variety of experiences to provide students the opportunity to meet new people, find common interests, be peer mentors, and enjoy fun activities. In this class students will be taught how to improve executive functioning skills and problem solving, while learning new creative technology skills.

## FINANCIAL LITERACY

Students learn to manage their money more effectively, spend wisely and save consistently. This class will teach students how to budget their money, make positive financial decisions, avoid financial exploitation, and equip them with technology resources to more effectively manage and monitor their finances.

## INDIVIDUAL FOCUS

Foundations is a personalized, goal driven class guided by our My Full Life Curriculum. Individuals work on personalized goals in each class, determined by their individual needs. The classes are designed to interconnect in a variety of ways to create meaningful and robust experiences. Foundations Individual classes take a focused personal approach to helping individuals create and reach their individualized goals.

## CREATIVE EXPRESSIONS

Students explore a variety of artistic and creative mediums while completing a variety of projects alongside our instructors as they demonstrate and teach individuals throughout the entire process. Includes canvas art, mug design, tie dye art, t-shirt design, wood burning, home décor, sculpting, acrylic painting, paper art and model construction.

## SAFETY AWARENESS

Students learn basic safety awareness from Monroe County First Responders. Each department will teach strategies for personal safety, including ways to communicate effectively with first responders. Individuals will participate in hands-on activities and role play to practice learned skills with the shared goals of improving confidence, relationships, understanding, safety and social readiness.

## ZOO LIFE

Representatives from the Zoo educate students about animal acquisition, care and training; the Zoo connection with the community; safety around animals; and local conservation efforts that are vital to species globally. Participants will learn about the many facets of zoo life, build confidence and their comfort level around animals, establish relationships and improve community readiness.

## CAREER EXPLORATION

We all have aspirations, desires, and ambitions to better ourselves and our lives by making improvements in our lifestyle. In this class, we'll assess individual skill levels and coach students to improve executive functioning skills using peer-to-peer support, organic teachable moments, practical life scenarios, visuals and other tracking resources. You'll learn how to optimize your life by setting goals, managing your time, developing a vision, and building a network of peers.

## RISE AND SHINE FITNESS

Rise and Shine Fitness is a fun and healthy way to start your day! This interactive and engaging class is designed to teach individuals a combination of both strength training and endurance. Individuals will learn and practice a variety of innovative exercises in a group and social setting, with options to individualize workouts to maximum results. Work alongside our fitness staff as you build confidence, learn the appropriate and safe techniques of utilizing equipment, and becoming a healthier individual!

## BODY-MIND CONNECTIONS

Body-Mind Connection is a class designed to teach individuals how to identify their physical/body awareness as it relates to mindfulness, wellness, and overall health. Using methods such as heart rate monitoring, checking signs/symptoms of needed medical care, yoga, cardio exercise, and lesson based discussions with peers and facilitators. While referencing the American Heart Association's Guidelines, individuals will explore how their body and mind are connected to help inform decision making for lifelong self-care habits.

## TECH CONNECT

Tech Connect is a fun and interactive technology class that explores an individual's personal interests while learning a wide variety of technology. The opportunities include coding/programming, augmented and virtual reality, graphic art, 3D printing, animation, online broadcasting/podcasts, game development and or video/audio editing. Tech Connect will provide individuals the opportunity to create a project of interest. Through this class, individuals will learn strategies to build on their executive functioning skills such as time management, leadership skills, team building and networking. Building confidence, relationships, social readiness, and strengthening technology skills are just a few goals of the dynamic class of Tech Connect!

## FLEX

This flexible, individually paced opportunity allows students to work with a tutor to further develop skills and refine work towards personal goals previously developed using the My Full Life software covering each of the eight principles of a full life. Must be enrolled in FLA to participate in Full Life FLEX.<sup>4</sup>



	IN-PERSON	VIRTUAL	GUEST INSTRUCTOR	MY PLACE	FUN & TALENT	WELLNESS	GETTING AROUND	EARNING MY WAY	LIFELONG LEARNING	COMM. ENGAGEMENT	CONNECTIONS
Full Life Foundations											
Full Life Connections											
Ready, Set, Goals!											
My Place											
Navigating Relationships											
Cooking Basics											
Gardening											
Yoga											
Technovations											
Plugged-In											
Financial Literacy											
Individual Focus											
Creative Expressions											
Safety Awareness											
Zoo Life											
Career Exploration											
Rise and Shine Fitness											
Body-Mind Connections											
Tech Connect											
FLEX											

# SPRING TERM 2022 APRIL 4 - JUNE 26

ANYDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>available by appointment in-person   virtual</p>	<p><b>Yoga I</b> 9:00 am - 9:50 am</p> <p><b>Full Life Foundations</b> 10:00 am - 10:50 am</p> <p><b>My Place</b> 11:00 am - 11:50 am</p> <p><b>Cooking Basics I</b> 12:00 pm - 1:30 pm</p> <p><b>Full Life Connections</b><sup>3</sup> 2:30 pm - 4:00 pm</p> <p><b>Girl Power</b> 4:30 pm - 5:25 pm</p> <p><b>Remote Minecraft</b><sup>V</sup> 5:30 pm - 6:30 pm</p> <p><b>AU Fit I</b> 5:45 pm - 6:30 pm</p> <p><b>Music &amp; Movement</b><sup>V</sup> 6:00 pm - 6:40 pm</p> <p><b>Drum It Up</b> 6:45 pm - 7:30 pm</p>	<p><b>Navigating Relationships</b> 9:00 am - 9:50 am</p> <p><b>Creative Expression I</b> 10:00 am - 11:30 am</p> <p><b>Career Exploration</b> 1:00 pm - 2:00 pm</p> <p><b>Navigating Natures</b><sup>3</sup> 2:00 pm - 3:30 pm</p> <p><b>LinkUp Learning Lab</b><sup>1</sup> 2:30 pm - 4:30 pm</p> <p><b>Exploring Sensations I</b> 4:20 pm - 5:00 pm</p> <p><b>Social Skills with Friends (ages 6-12)</b><sup>V</sup> 4:30 pm - 5:05 pm</p> <p><b>Exploring Sensations II</b> 5:10 pm - 5:50 pm</p> <p><b>Social Skills with Friends (ages 13+)</b><sup>V</sup> 6:00 pm - 6:45 pm</p> <p><b>Remote Minecraft</b><sup>V</sup> 6:00 pm - 7:00 pm</p> <p><b>Exploring Sensations III</b> 6:00 pm - 6:40 pm</p> <p><b>Body Awareness I</b> 6:50 pm - 7:30 pm</p> <p><b>Exploring Sensations IV</b> 6:50 pm - 7:30 pm</p> <p><b>Spanish Meet Ups</b><sup>V</sup> 7:00 pm - 8:00 pm</p> <p><b>Exploring Sensations V</b> 7:40 pm - 8:20 pm</p> <p><b>Body Awareness II</b> 7:40 pm - 8:20 pm</p>	<p><b>Rise &amp; Shine Fitness I</b> 9:00 am - 9:50 am</p> <p><b>Parent Connections Coffee Meet Ups</b> 9:30 am - 10:30 am</p> <p><b>Cooking Basics II</b> 10:30 am - 12:00 pm</p> <p><b>Plugged In</b><sup>4</sup> 1:00 pm - 2:30 pm</p> <p><b>Financial Literacy</b> 3:00 pm - 3:50 pm</p> <p><b>Boys Zone</b> 4:30 pm - 5:25 pm</p> <p><b>Mindfulness &amp; Relaxation I</b><sup>V</sup> 4:30 pm - 5:15 pm</p> <p><b>Wellness Series Body Mind Connection 4/4 - 5/13</b> Nurture with Nature 5/16 - 6/26 5:00 pm - 6:00 pm</p> <p><b>Cooking with Friends I</b> 5:15 pm - 7:00 pm</p> <p><b>Motion Dynamics</b> 5:45 pm - 6:30 pm</p> <p><b>Mindfulness &amp; Relaxation II</b><sup>V</sup> 6:00 pm - 6:45 pm</p> <p><b>Music &amp; Movement</b> 6:45 pm - 7:30 pm</p> <p><b>Remote Minecraft</b><sup>V</sup> 7:00 pm - 8:00 pm</p> <p><b>ListenUp! Meet Ups, Speakers &amp; Workshop</b><sup>V</sup> 7:00 pm - 8:00 pm</p>	<p><b>Financial Literacy</b><sup>3</sup> 9:00 am - 10:00 am</p> <p><b>Gardening</b><sup>3</sup> 10:00 am - 11:45 am</p> <p><b>Safety Awareness</b><sup>3</sup> 1:00 pm - 3:00 pm</p> <p><b>Yoga II</b> 3:30 pm - 4:20 pm</p> <p><b>Arts &amp; Crafts</b><sup>V</sup> 4:00 pm - 4:45 pm</p> <p><b>Youth Minecraft I</b> 4:15 pm - 5:15 pm</p> <p><b>Cooking with Friends II</b> 5:15 pm - 7:00 pm</p> <p><b>Youth Minecraft II</b> 5:30 pm - 6:30 pm</p> <p><b>Baking Time</b><sup>V</sup> 6:15 pm - 7:00 pm</p> <p><b>Social Skills with Friends</b><sup>V</sup> (13+) 6:15 pm - 7:00 pm</p> <p><b>Teens/Young Adults Minecraft</b> 6:45 pm - 7:45 pm</p>	<p><b>Full Life Foundations</b><sup>V</sup> 10:00 - 11:00 am</p> <p><b>FLA FLEX</b><sup>2</sup> 12:00 - 2:00 pm</p> <p><b>Grandparent Meet Ups</b> 12:00 - 1:00 pm</p>	<p><b>Basketball Skills &amp; Drills I</b> 8:30 am - 9:15 am</p> <p><b>Teen Kinect</b> 9:30 am - 10:25 am</p> <p><b>Remote Minecraft Survival Saturday</b><sup>V</sup> 10:15 am - 11:15 am</p> <p><b>Alpha U I</b> 10:45 am - 11:40 am</p> <p><b>Motion Dynamics</b><sup>V</sup> 11:45 am - 12:30 pm</p> <p><b>Art</b> 12:00 pm - 12:45 pm</p> <p><b>Alpha U II</b> 1:15 pm - 2:10 pm</p> <p><b>AU Fit II</b> 2:30 pm - 3:15 pm</p> <p><b>Basketball Skills &amp; Drills II</b> 3:30 pm - 4:15 pm</p>
<p><b>1:1 Personal Training</b> To schedule, contact cjlones@autismup.org</p> <p>CLASSES &amp; WORKSHOPS</p>	<p><b>1:1 Full Life Foundations</b> To schedule, contact jfricigliano@autismup.org</p> <p>FULL LIFE ACADEMY</p>	<p><b>1:1 Family Navigation</b> To schedule, contact mbizustowicz@autismup.org</p> <p><b>SUPPORT SERVICES</b> Meet Ups &amp; Workshops offered at no cost T, W, F</p> <p>Scan for topics &amp; registration links</p>				

register at  
**autismup.org**

AutismUp  
50 Science Parkway  
Rochester, NY 14620  
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programs@autismup.org



# The AutismUp Center for Community Transition A Modern Approach to Growing Up with Autism

AutismUp’s Center for Community Transition is a region-wide initiative designed to improve successful transition from high school to college, career and independent living. The Center (1.) provides customized supports and services directly to youth and young adults, their families, advocates, educators, professionals, service providers and area-wide employers; (2.) works collaboratively with stakeholders to successfully prepare young adults with disabilities to achieve their personal choices and goals, and access opportunities to fully participate in college, career and independent living; (3.) provides a greater distribution of knowledge of community resources, helps strengthen the collective range of services offered, and increases access to these resources by a broader range of families; and (4.) advocates for appropriate services to fill the current gaps in the service systems and works with community partners to meet the needs of youth and adults with autism.



- 1 Students > Full Life Academy
- 2 Parents > Transition Navigation
- 3 Businesses > Business Advisory Council
- 4 Schools > Advanced Skills Assessment

## TRANSITION PROGRAM AND SERVICE OFFERINGS

### NEXTUP: CREATING A PERSONAL LIFE STORY

NextUp uses a person-centered planning process to write a Life Story, the foundation for young adults who are transitioning from school to adult life, and individuals who have left the school system and want to define a pathway to move their life forward. The individual, and their support circle, participate in a comprehensive skills inventory to explore and craft a vision for the future based on the individual’s strengths, interests, preferences, health, and safety concerns. This story is brought to life using an innovative, engaging, online platform that illustrates one’s full life, and includes hopes, dreams, goals and *actionable tasks to achieve them*, via Full Life Academy, or independently.

### FULL LIFE ACADEMY

Full Life Academy is a holistic multi-dimensional program driven by a personalized plan as told through an individual’s Life Story that supports the individual’s abilities and growth. This comprehensive skill development program is designed for older teens and young adults to learn and gain skills and strategies through comprehensive, person centered lesson plans. The Academy offers an array of community classes and focuses on individually-paced skill development, while utilizing a comprehensive and extensive person-centered skill assessment in eight core areas that make up a “full life.”

### FAMILY NAVIGATION ADVISORY SERVICES

Having a co-pilot along for the ride who has logged a few miles can be of great value while navigating and planning for transition. Obtain unbiased and individualized information and supports by reaching out to a Family Navigation Advisor. Navigation Advisors can help bridge relationships between individuals, families and providers; improve communication; and, help access timely and accurate information.

### COMMUNITY TRAINING AND TECHNICAL ASSISTANCE

We understand the many challenges the community-at-large faces to adequately understand, assess, and strategically consider the possibilities of inclusion. We aim to change this and fill gaps by educating, and partnering with, one another. Collaborative discovery sessions, consults, training and other assistance is available for schools, organizations, and businesses. Please contact us to learn more about customized training solutions, collaborating to create community experiences for students, conducting advanced skills assessments for transition age students in your school, or joining our Business Advisory Council.

### PARENT EDUCATION AND VIRTUAL SUPPORT

We rely on input from self-advocates, parents, caregivers and families, and we value feedback. It is what steers our mission to expand and enhance opportunities that improve quality of life, and prioritizes the needs of the families we serve in the autism community. Transition focus groups and related workshops are offered monthly.

Help for today, and hope for tomorrow. We'll be with you every step of the way — growing up & unlocking potential, together.



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## History of Making it Happen

More than just talking about solutions, we proudly deliver them.



AutismUp was founded by families because of a lack of services and support. Beginning with connections and information sharing, it grew into skill based programs for children with autism. Led by parents who have paved the way as their own children grow, today we address gaps in adult autism services.



2004

We started AU with four mothers in 2004, our membership has grown to 2,700.



2016

We developed our vision of a Multi Sensory Learning Environment (MSLE) and started in a BETA location, and today it is a part of the Golisano Autism Center.



2021

AutismUp remains committed to growing UP with our families and the community that has always stood by us by innovating & collaborating.



(585) 248-9011



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