

Learning new skills for individuals with autism can be a challenge, especially when the skill is complex and has multiple steps. Task analysis is a way to break down multiple components into much smaller steps in order to teach a new behavior. The purpose of this resource is to provide families and caregivers with a tool to help their loved one overcome new tasks in relation to Coronavirus guidelines, such as wearing a mask, handwashing, coughing into the arm, etc.

HOW TO USE THIS TOOL



- Breakdown a new skill (wearing a facemask, coughing into your elbow, washing your hands, etc.) into small steps. [Do the skill yourself and notice what is involved].
- Write out each step. Make sure each step is only 1 behavior, a behavior you can see, and written in a way that the learner will understand it.
- Teach 1 step at a time (either start at the first step and go down, or at the last step and work your way up). Use visuals, pictures, or a list to show the learner.
- For each time you teach the skill, mark each step either Y (done), P (partial or needed help), or N (not done).

See reverse side for a sample chart.

SAMPLE CHART

STEPS	DATE:						
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
12.							