

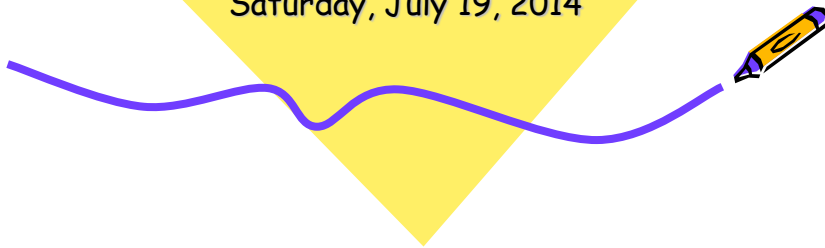


# "Life in Mrs. Rogers' Neighborhood"

Living & Learning

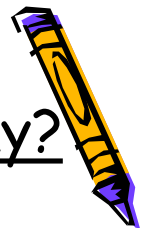
By Cindi Rogers

Saturday, July 19, 2014



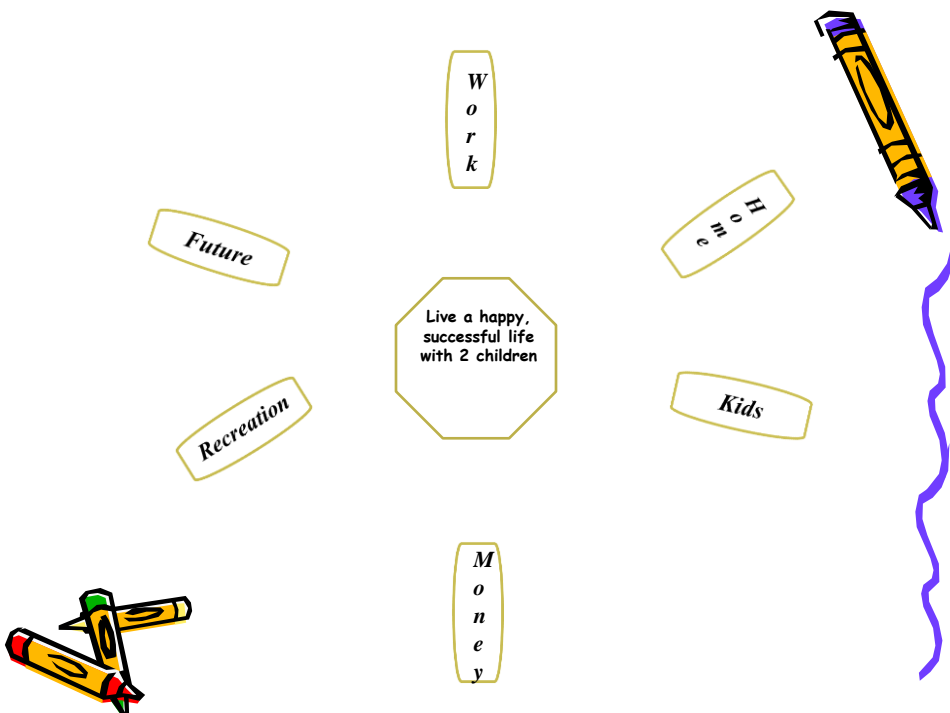
## What Will You Learn Today?

- Meet the Rogers
- Hear about their experiences/successes
- Learn how to do it yourself!

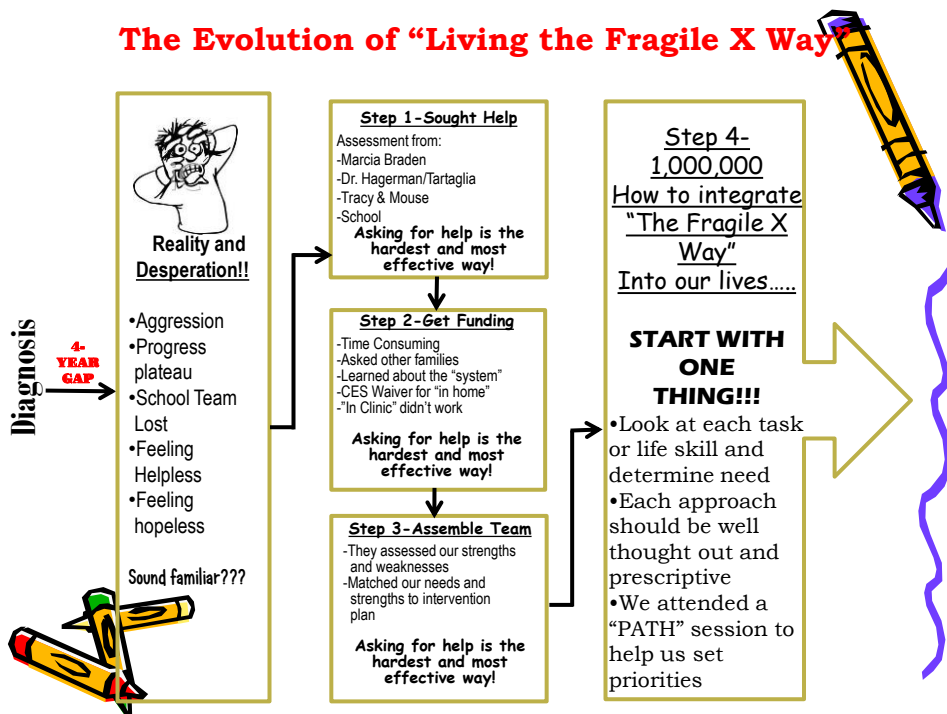


## Who is Cindi Rogers?

- I am only a parent
- Not a Dr.
- Not a therapist
- All of my experiences are first-hand!
- I do make mistakes!
- Our family is NOT perfect



## The Evolution of "Living the Fragile X Way"

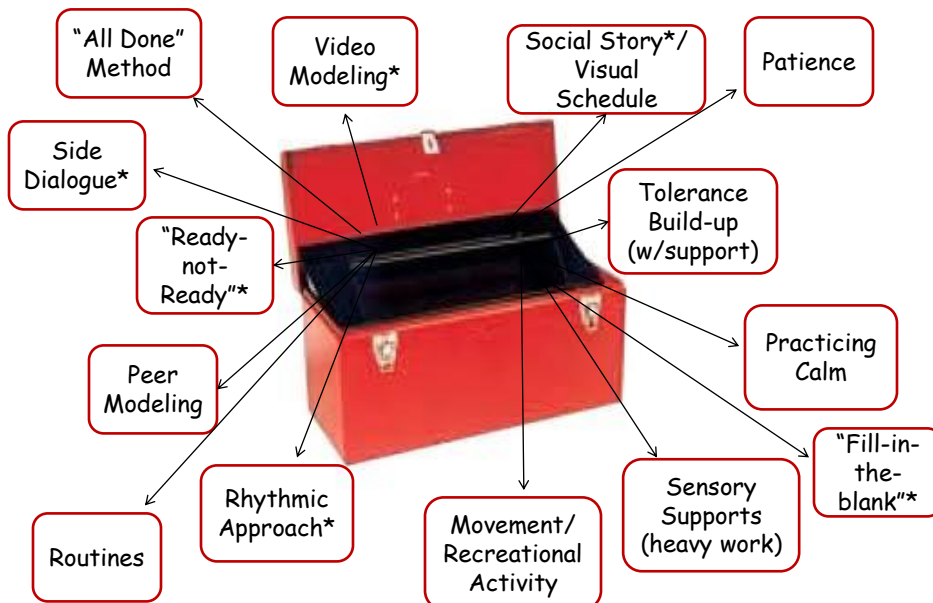


## Baby Steps

To Be As Happy and Productive as they can possibly be



## CINDI'S TOOLBOX



\*See Appendix for names of those responsible for creation of this method or approach

## Mrs. Rogers' "MAGIC 3" Rule

- What are we doing?
- How long will it last?
- What's next?



## Mrs. Rogers' 2<sup>nd</sup> "Magic 3" Rule

- Environment
- Task
- People Involved

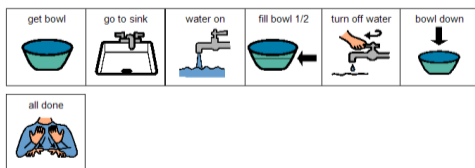
When one of these elements changes, I allow for more guidance to be given



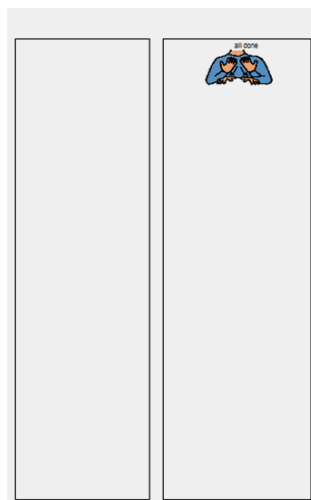
## 2 Types of Methods I Use:

Social Story or  
Strip Sequence

GIVING ELMO WATER

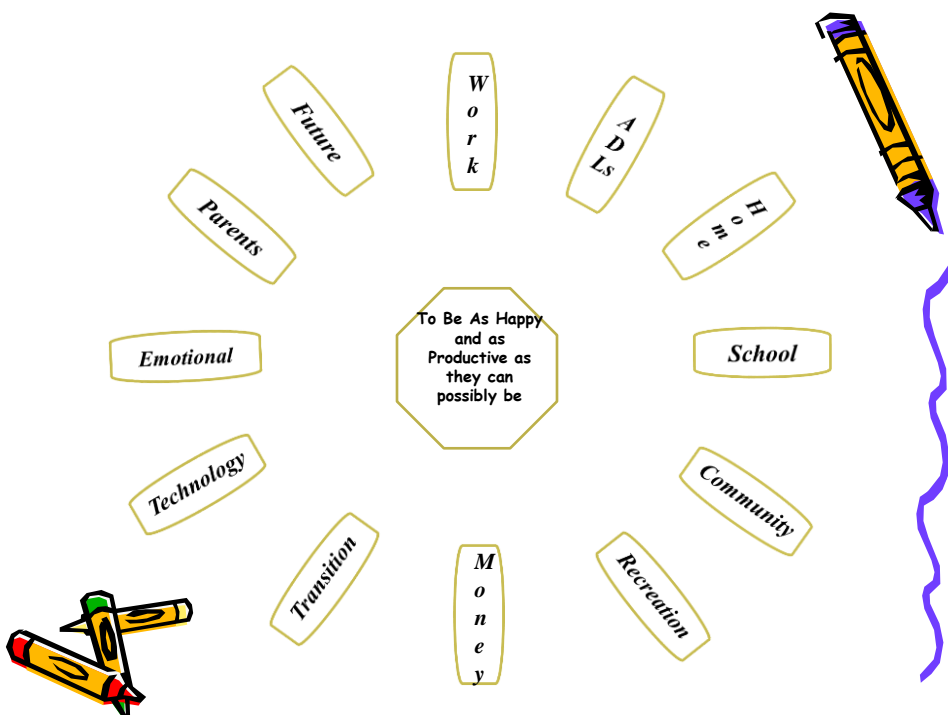



"All Done" Method



A few of the therapy methods we have used and still use:

- Compression pants
- "Side dialogue"
- "Ready-not-Ready"
- Weighted blankets (35 lb. each)
- Wilbarger protocol (brushing)






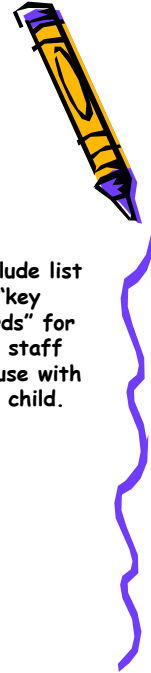
To Be As Happy  
and as  
Productive as  
they can  
possibly be

*School/Therapy*



## School Techniques

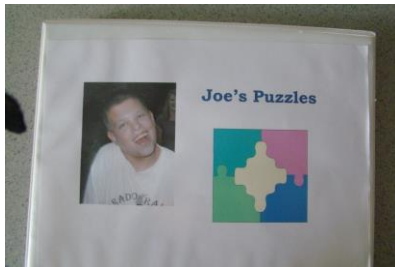
- Make it motivating!
  - Poster to help staff get to know the boys (include key words)
  - Independent activities for "down" time
  - Picture schedules
  - Sorting activity
  - Matching whenever possible
- 



Include list of "key words" for the staff to use with the child.



## Independent Activity





### Simple Sorting Task



- These can be done independently (after practice)
- In the car, while waiting, etc.



## Thursday's Shopping Trip



**THURSDAY**  
 Jake  
 Please buy

	2 packages Goldfish crackers (any flavor-on sale \$1.66/ pkg.)
	5 Gala apples (on sale \$.99/ lb.)













To Be As Happy  
and as  
Productive as  
they can  
possibly be

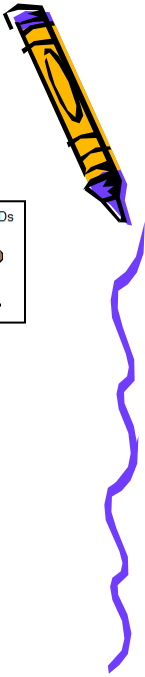
School

Community

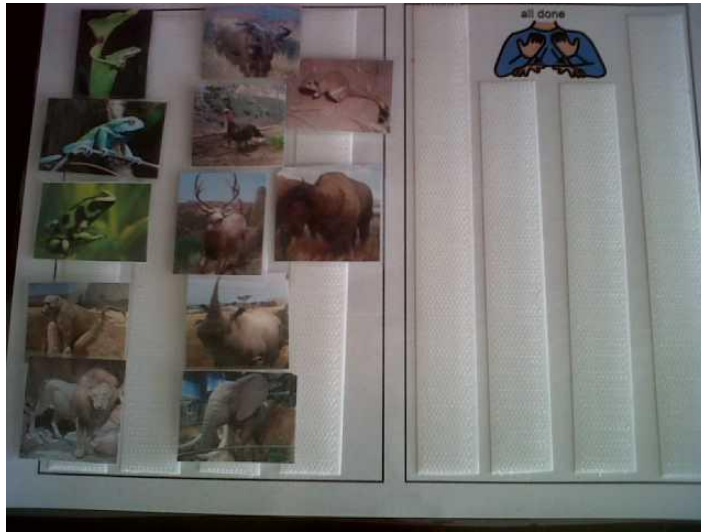


### Trip to Library

Car 	library 	go in 	5 books 	check out book 	2 DVDs 	check out DVDs 
all done 	Car 	HOME 				



## Trip to the Wildlife Museum



"All Done" method (for regulation), peer modeling, movement, practicing calm, routine

JAKE

swimming



JOE

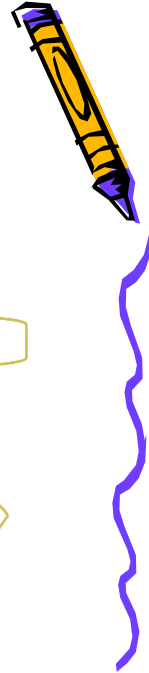


To Be As Happy  
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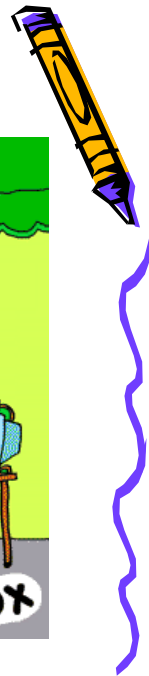
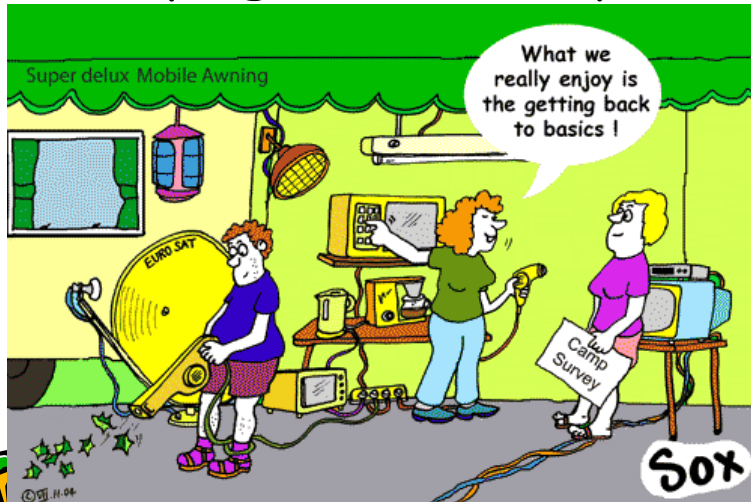
School

Community

Recreation



## Camping with FX Boys



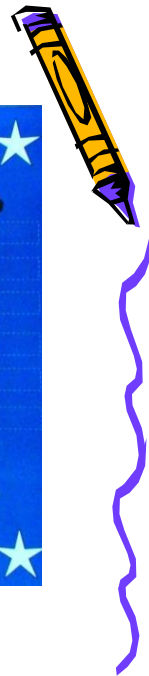
# A Schedule Goes With Us!



drive 	walk dog 	
lunch 	set table 	
	have dinner 	
rug 	shower 	
dog food 	take pills 6:45 	
	movie 	
	popcorn 	
TV 	bed 8:00 	

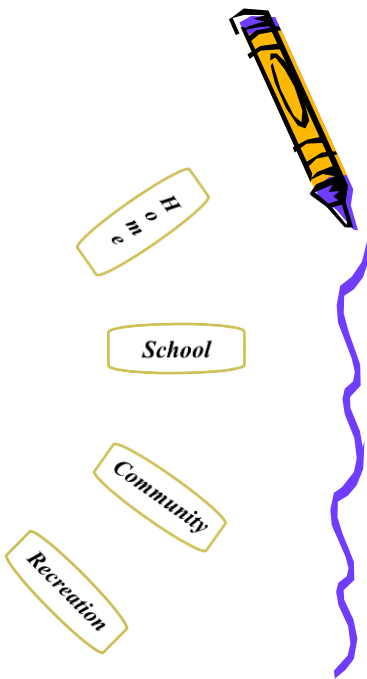


# Where the Road Will Take Us





To Be As Happy  
and as  
Productive as  
they can  
possibly be



## Home Modifications

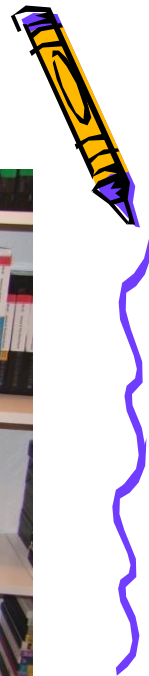
We looked at all of the things around us and analyzed their use

We figured out how the boys could utilize these things independently, then we modified them

We control only the things that they cannot control themselves or that are unsafe or harmful



***This could be overwhelming!!!!***





# July 2010

					Work 1	2	3
4	Work 5	Work 6	Work 7	Work 8	9	10	
home 11	Work 12	Work 13	Work 14	Work 15	16	drive 17	
drive 18	drive 19	drive 20	drive 21	22	23	drive 24	
Mr. Rogers 25	drive 26	Sesame! 27	drive 28	drive 29	drive 30	drive 31	

\*

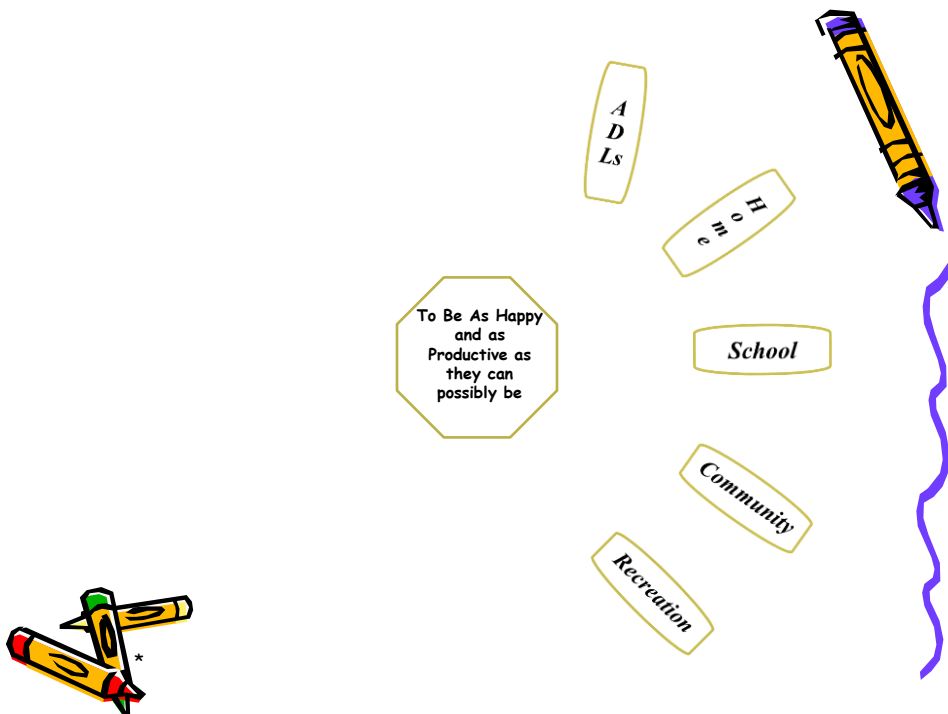


Jake a.m. schedule



Joe p.m. schedule





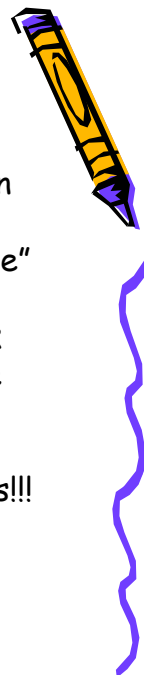
## Packing our own lunch

- Use opportunity around the house to teach how to do more complex tasks independently—use either video model or model the task yourself to begin with.
- Make mental note of interest areas and begin to form how you could incorporate these into a job or vocational planning
- Request that school carry over the same methods you are using—share what is a success and what is not—integrate into IEP(?)
- Begin to have others help out with young adult—this will allow for variation in their personal relationships and give you a break! Do this even if you have someone at home while you are there!




## Making a PBJ

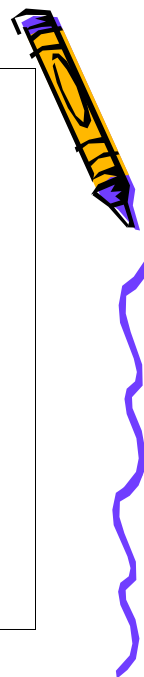
- You do the task using the "all-done" method then ask young adult to do it
- This forces them to slow down and "self-regulate"
- Expand on an old task/activity
- Allow more independence in performing the task
- Continue to guide them while doing it and/or use video and reshow it over and over
- Make it fun and motivating!
- Use this method to develop more and more tasks!!!















## BRUSHING TEETH

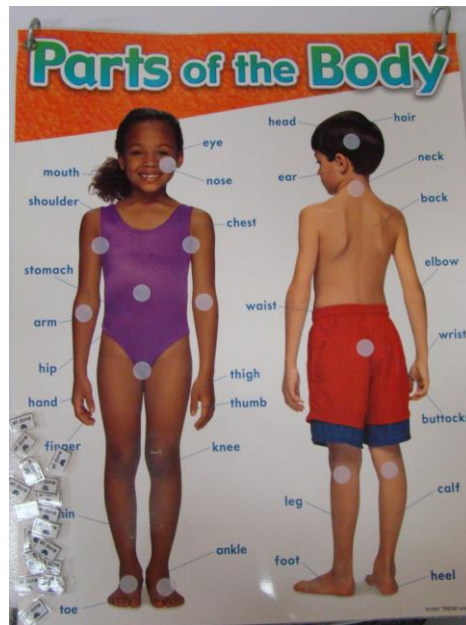
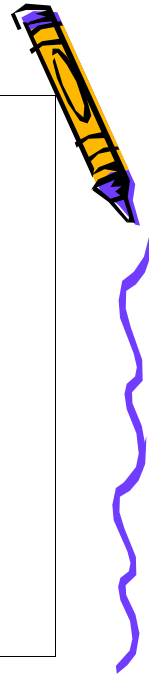
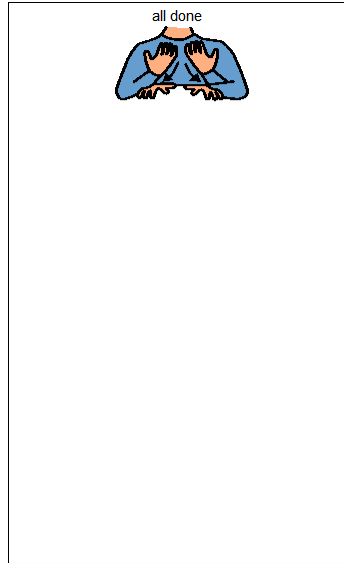
I'm ready 	brush teeth 
toothbrush 	drink 
toothpaste 	wipe face 
water 	all done 

all done 
---



BRUSHING TEETH

I'm ready 	brush teeth 	drink 
toothbrush 	brush teeth 	wipe face 
toothpaste 	brush teeth 	all done 
water 	brush teeth 	prize 



# Showering Independently



# Doing Laundry Independently



Step 1



Step 2



Step 3

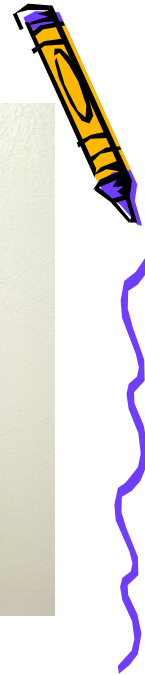


Step 4



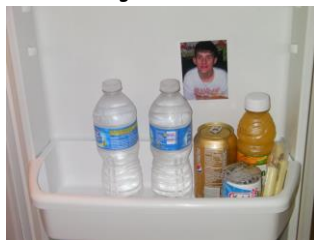
## Picking Our Clothes for Tomorrow





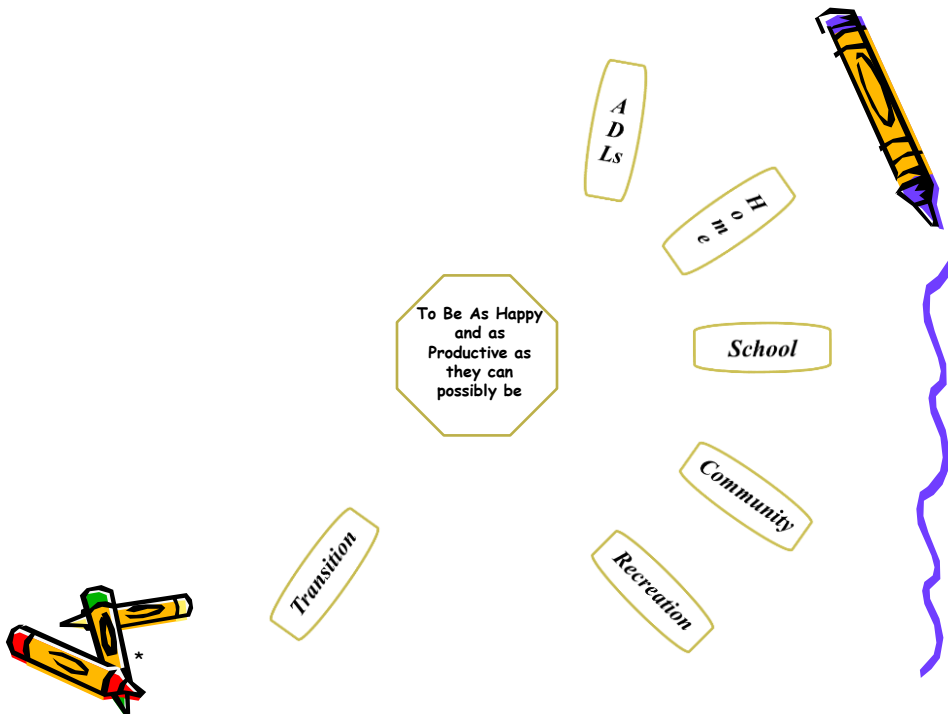
Example of "independent activity:

Refrigerator snacks!



Pantry snacks!





### Techniques we've used for transition:

"Side dialogue"  
 "Ready-not-Ready"  
 Modeling method (below)

3 Main Modeling Methods that most involve transition:

- Visual
- Video
- Verbal (least favorite)



## Transitions

- We can't talk about transitions with talking about "BOB"
- Haircuts
- More to come.....



## Holidays/Celebrations

- Established our own traditions
- Practiced routine
- Have standard "key words" that are used each year to alleviate anxiety
- Use pictures from past years
- Apply tons of routine and structure (to lessen the stress and anxiety)






















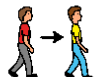






# The Ultimate Transition

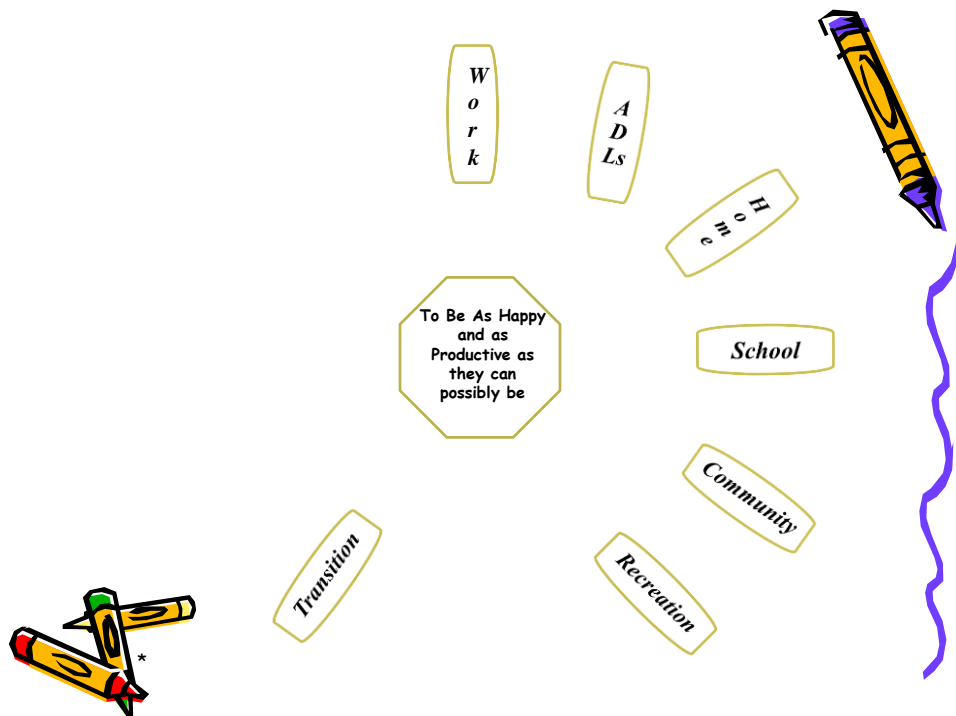
## How we did it:

- Made it part of his IEP (the graduation ceremony and the practice)
- We collaborated on all steps with Teacher and those running the ceremony
- We requested an assistant that he knew (remember 2<sup>nd</sup> Magic 3)
- ROCKET!!!























## Joe Graduation Day Schedule

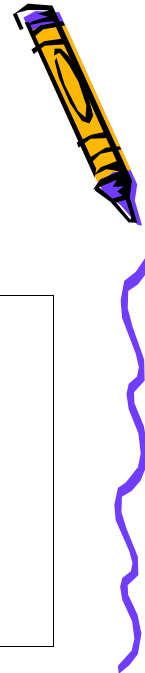
wake up! 	bathroom 	TV 	breakfast 	pills 	get backpack 
get cap & gown 	ride in Rocket 	TV 	to Stadium 	Hi Beau 	Hi Kids 
rest in Rocket 	Time for Cap & Gown 	Follow Rachel 	sit down 	headphones 	Follow Rachel 
Get diploma 	listen to speakers 	all done 	ride in Rocket 	home 	party 



















Joe's new Ace schedule

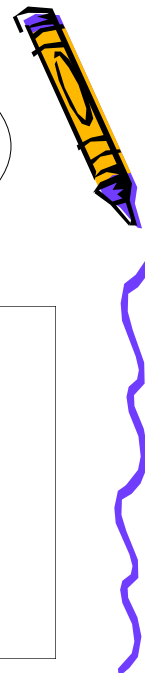
	Get backpack 	Time for Bus 		beau daniel 	ACE 	Hang Backpack 	
	popcorn 	stocking 	Fronting 	bathroom 	wash hands 	Eat lunch 	listen 


Time for Bus 			
			

























put coat on 	Get backpack 	Time for Bus 		amanda 	Hi Amanda! 	Hang Backpack 	Work 
Fill Cart 	wash hands 	Eat lunch 	Work 	Fill Cart 		Time for Bus 	

Jake at ARC
































### Jake Mopping at ARC

ARC Store 	Back room 	dustmop 	Go to front 	up 	down 
up 	down 	up 	down 	up 	down 
up 	down 	up 	down 	up 	down 
shake 	broom/dustpan 	trash can 	all done 		

### Jake Elvis Theater Schedule

Get backpack 	amanda 	Amanda's car 	hello 	Elvis Theater 	Hang Backpack 	Check schedule 	
Time to Work 	wait 	listen 	Time to Work 	wait 	listen 	Time to Work 	wait 
wash hands 	listen 	Buy Snack 	all done 	Get Backpack 	Amanda's car 		



6	Open Door 	Go in Theater 	Stack 	shopvac 	plug 	vacuum 	Close Door 
---	--	--	--	--	---	--	---

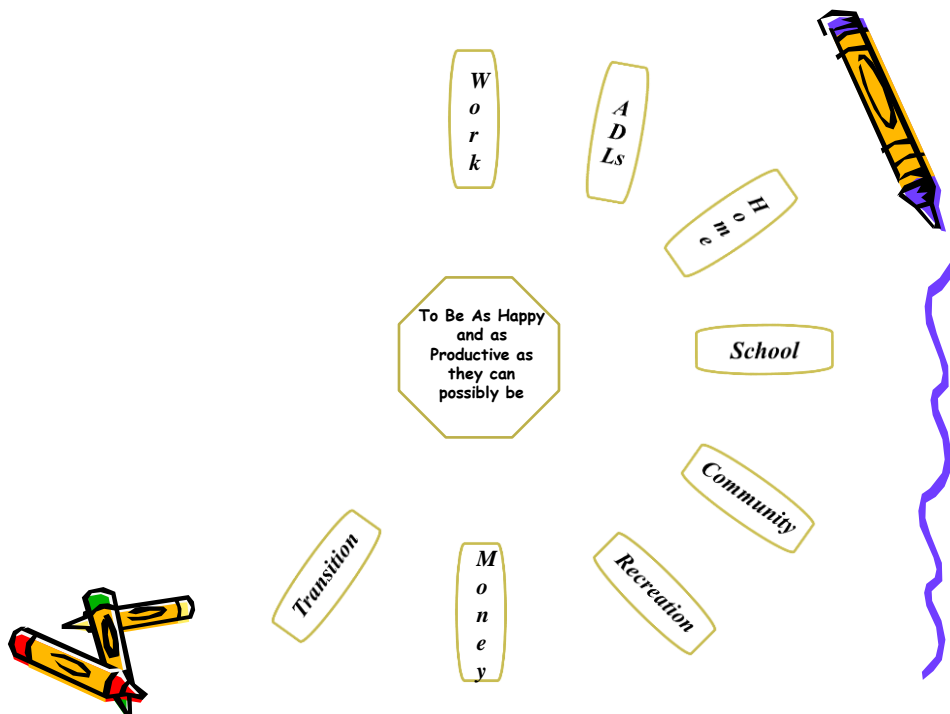
# Adaptations






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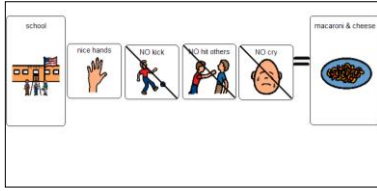
## Money is a difficult concept

- Focus on the goal and think about what they will NEED to know
- Started out using \$1 bills
- Gift cards are also helpful (no need for change)

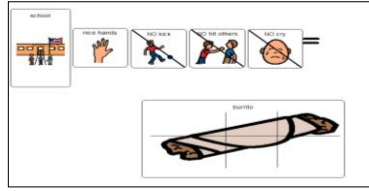


# Reward Program

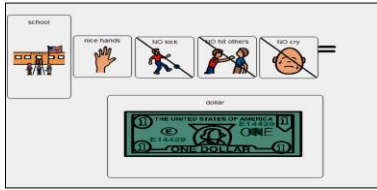
Step 1



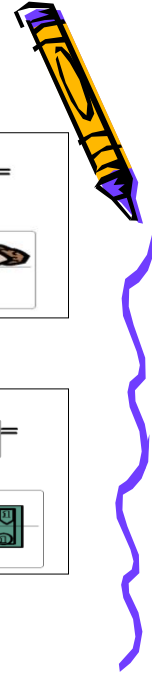
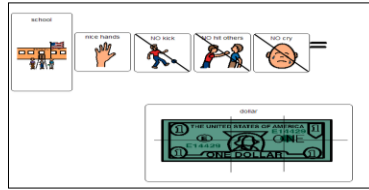
Step 2



Step 3

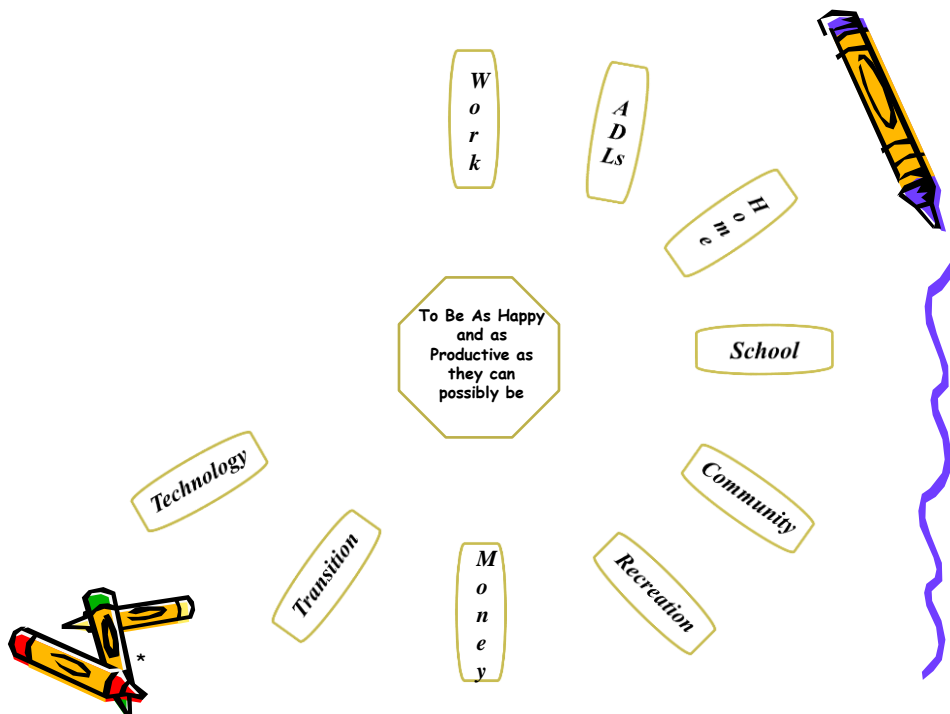


Step 4



## GOT BUCKS?





### In the beginning.....

We resisted technology because it was just one more thing to learn

### Now.....

It is essential in keeping our goal of letting the boys be as independent as they can possibly be!

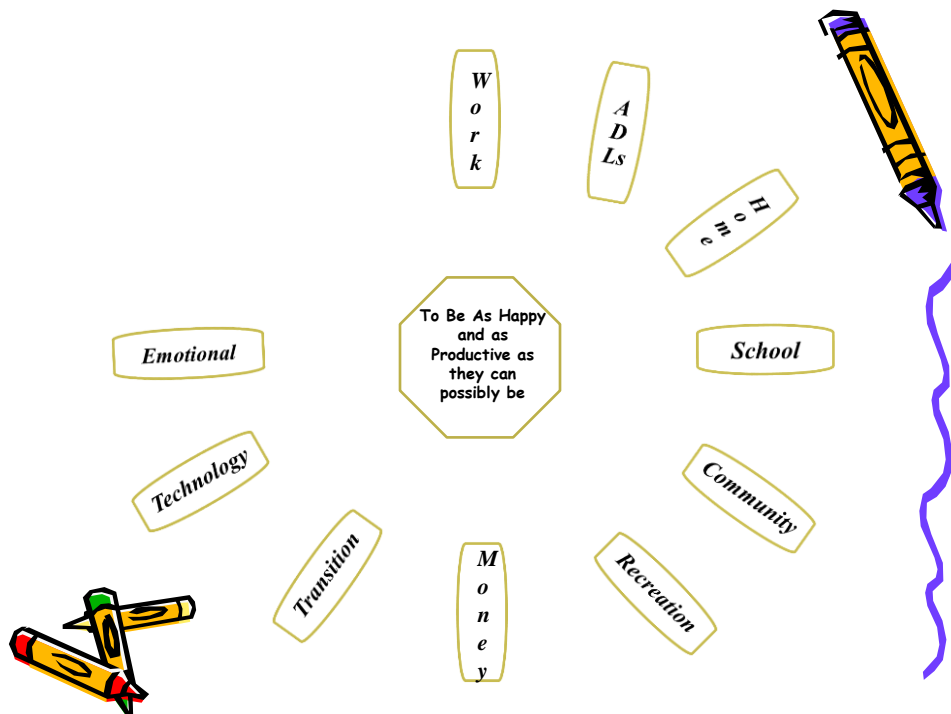
- Cassette players
- PSPs
- IPOD
- DVD players
- Satellite tracker!
- I Phone (future?)

### Next.....

Computer prompting system throughout the house  
Timer controlled medicine dispenser  
Magnetically-charged stovetop



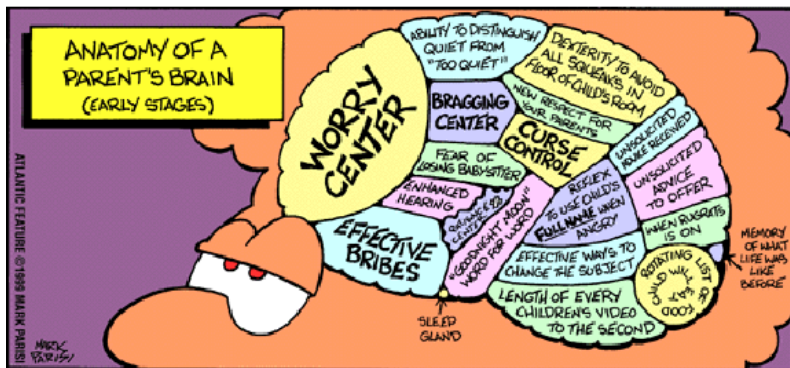
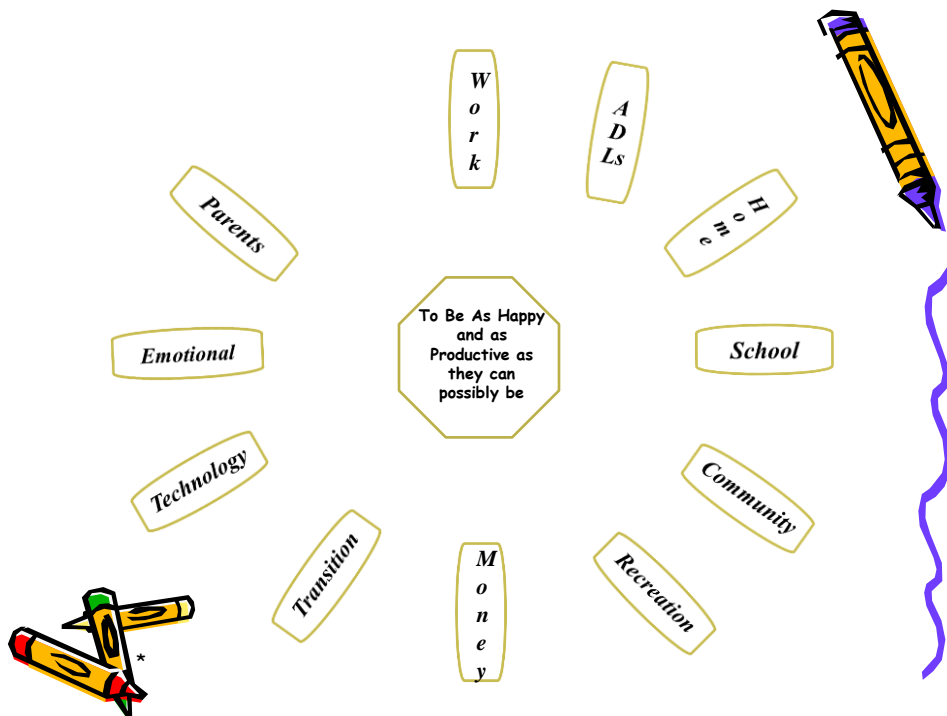




### No, really, this is the most difficult element!

- We could not have done any of this without help!
- Concept on living in the now
- Your emotional state is felt by your kids (when your parents had a bad day...)
- Share good energy but be calm assertive
- Your kids don't know how successful you are, how much money you make or what kind of day you had—they only know what energy you share
- Chris and I agree that the growth we've seen so much over the past 5 years or so can be attributed to 3 things; consistency, doing what we say we'll do, and trust, which comes from the other 2 (so when you say "after this we can be all done" then be done)
- When we spend all our time worrying about next year, or 2 years from now, we miss the joy in today!!!!






















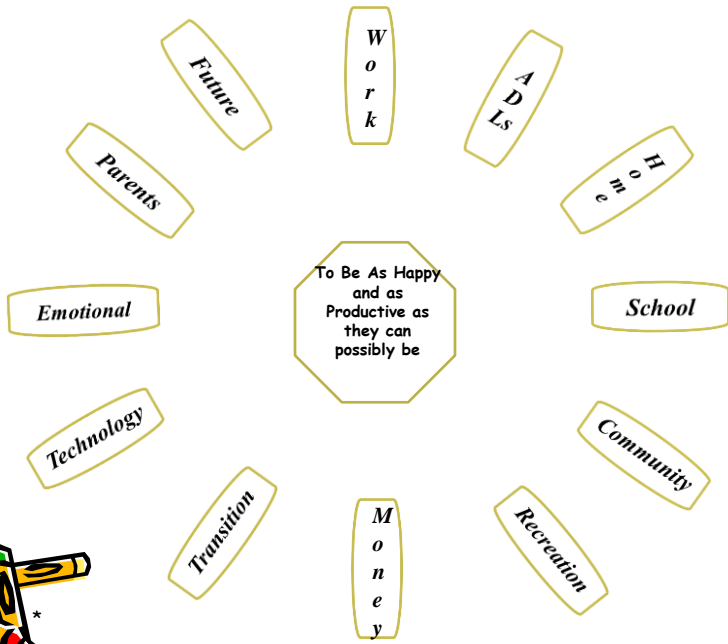


**Notes from one parent to another**

- Parents have to grieve
- Each parent grieves at a different pace
- Make a point of installing others in your children's life (you won't always be there)
- Allow time for respite
- When the hard work of structure is followed, it often allows for
- \* your own goals to come into focus (more time to yourself)

"Away" schedule  
 (don't post until close to time if threshold is low)

hello 	kiss 	goodbye 	TV 	dinner 	TV 
pillow 	bed 	sleep 			
awake 	bathroom 	TV 	breakfast 	pills 	TV 
lunch 	TV 	dinner 			





# Resources/Shopping Guide

Purchase Boardmaker: [www.mayer-johnson.com](http://www.mayer-johnson.com)

"Body Poster": purchase at Mardel or teacher store

Shower resources:

Shower wall: Swanstone base and 3-piece enclosure (fits tub space)

Handheld faucet: made by Delta (shower valve w/handheld)

Tankless Water Heater: Rinnai w/remote digital thermostat

United States Map: purchase at Mardel or teacher store

Keypad lock for door purchased at Home Depot or [www.smarthome.com](http://www.smarthome.com)

"X Rocker": purchase at Target stores

Compression Pants: Under Amour brand-purchase at most sporting goods stores

Velcro purchased in large quantity from [www.u-line.com](http://www.u-line.com)

Laundry sorter purchased at Sam's Club or Container Store

Laundry folding board purchased at Container Store

Satellite tracker available from [www.globaltrackinggroup.com](http://www.globaltrackinggroup.com)

Credits for "Tool Box" Methods and Approaches: "All Done" Method-Cindi Rogers; Video Modeling-Marcia Braden, Ph.D.; Social Story-Carol Gray; "Ready-not-Ready"-Tracy Stackhouse, MA, OTR/Sarah Scharfenaker, MA, CCC, SLP; Side dialogue-Marcia Braden, Ph.D. Rhythmic Approach-Tracy Stackhouse, MA, OTR/Sarah Scharfenaker, MA, CCC, SLP.

For other questions or resources, contact Cindi Rogers e-mail [cirrogers@aol.com](mailto:cirrogers@aol.com) or

Facebook: Cindi Rogers Blog: <http://mrsrogersfxneighborhood.blogspot.com>

