

SETTING

Occupational Therapy Clinic

PATIENT

You are 18 years old and have Asperger syndrome (a disorder that involves underdeveloped social and communication skills). You have just completed high school (with a high score), and now need to decide about work and study options. You are very anxious that your environment and daily routine will change completely and are seeing the OT for some advice.

TASK

- When asked, explain that you really don't know what you want to do now that you've finished high school, and you cannot think about it without becoming very stressed. You really need some advice.
- Tell the therapist that you've always really enjoyed science, and it is something you are good at, but you are worried about what job you can get if you study science at university.
- Say that you think studying science is a good idea, and you know you don't need to think about a job now, but you are also worried you won't have the same support at university as you did at school.
- Ask if you should continue with OT once you start university.
- Agree to the therapist's recommendations.

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THERAPIST

You see an 18-year-old patient with Asperger syndrome (a disorder that involves underdeveloped social and communication skills), who has difficulty with adaptive behaviour. He/she is high-functioning and has just finished high school with a very good score. However, he/she is very anxious that his/her environment and daily routine will change completely and wants some advice.

TASK

- Find out the reason for the patient's visit.
- Reassure the patient about his/her anxiety (normal for people with his/her condition/transitioning from school to university, etc.). Find out about the patient's interests.
- Explore the option of the patient studying science at university.
- Give information about support available at university (e.g., tutoring, disability student support services, etc.). Recommend patient looks at university website for more information.
- Advise patient to continue with OT as needed. Make further recommendations (maintain existing routines, use existing support to discuss concerns, e.g., friends and family, attend regular psychological counselling, e.g., cognitive behavioural therapy, etc.).